

January
through April 2011

CONNECTIONS



Inside this issue:

Celebrate Your Birthday at
Northwest Arts Center - Pg. 8

Register for Youth Basketball
Leagues - Pg. 48

Mid-Winter & Spring
Break Camps - Pg. 16

Get a Jump Start on your
New Year's Resolution - Pg. 21



**Bellevue Parks &
Community Services**
425-452-6885

MyParksAndRecreation.com
a service of eCityGov.net

Table of Contents



Table of Contents

Registration Steps & Form	61-62
Specialized Recreation Registration Form	60
Scholarship Application.....	63
 Aquatics	12-15
Camps & Afterschool	16
Crafts & Visual Arts.....	17-18
Health, Wellness, & Fitness	19-22
Kelsey Creek Farm	35-36
Martial Arts	22-24
Outdoor & Natural Resource Programs.....	27-34
Performing Arts	37-38
Preschool	38-40
Resources for Older Adults.....	54-56
Special Interest & Extended Learning.....	41-46
Specialized Recreation	57-59
Sports	46-50
Tennis.....	51-53

QUESTIONS OR COMMENTS?

Every effort is made to ensure that the information in this catalog is accurate at the time of publication. Because policies, personnel, and funding can change, Bellevue Parks & Community Services reserves the right to add or withdraw programs and to amend, revise, or modify any provision printed in this brochure.

You are encouraged to visit www.myparksandrecreation.com for the most up-to-date information. We're always interested in knowing how we can make this publication better -- contact Colin Walker, cwalker@bellevuewa.gov, or call 425-452-6885.

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



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recyclable paper**
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FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

RECREATION REGISTRATION 425-452-6885

FACILITY & FIELD RENTALS..... 425-452-6914

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE	425-452-4479
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE	425-452-4444
BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....	425-452-2750
BELLEVUE GOLF COURSE, 5450—140th Ave NE.....	425-452-7250
BELLEVUE YOUTH THEATRE, 16661 Northup WY	425-452-7155
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE.....	425-452-7225
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST.....	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST	425-452-4873
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD Specialized recreation for people with disabilities and general programs....	425-452-7686
KELSEY CREEK COMMUNITY FARM PARK, 410 - 130 th PI SE.....	425-452-7688
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST.....	425-452-7225
LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD.....	425-452-4195
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE....	425-452-2565
Pacific Science Center.....	425-450-0207
NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE General Programs/Rental Inquiries	425-452-7681
NORTHWEST ARTS CENTER, 9825 NE 24th ST Program Registration & Information	425-452-6046
Rental Information	425-452-7150
Community Events Office	425-452-4106
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885
ROBINSWOOD HOUSE	425-452-7850
ROBINSWOOD TENNIS CENTER, 2400—151st PL SE.....	425-452-7690
BELLEVUE BOTANICAL GARDEN, 12001 Main ST	425-452-2750
SKATE PARK, 14224 NE Bel-Red Rd.....	425-452-2722
SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way	425-452-4240
TEEN SERVICES, City Hall, 450 - 110th Ave NE.....	425-452-2846
WINTERS HOUSE, 2102 Bellevue Way SE.....	425-452-2752
YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885

INCLEMENT WEATHER POLICY

In the event of inclement weather the City of Bellevue Parks & Community Services Department will make every effort to clearly communicate the status of facilities and programs, scheduled special events, and rentals. Administration will make an operational decision based upon the safety of participants and employees and the ability to appropriately staff programs and facilities. As a general rule, if the Bellevue School District is closed due to a weather event all Parks & Community Services Department classes and programs will be cancelled for the entire day. If the Bellevue School District is on a delayed schedule, then call the facility for an updated status report. Select facilities may be open for drop-in activities at a modified level. If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885. Inclement weather can effect park use and trail conditions. Please use caution when visiting park sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.

FOOD & REFRESHMENTS

Programs listed in this brochure may include a food or beverage refreshment. Please contact the your Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

On the Cover: Bellevue Youth Sports Basketball Fun, photo by Judi Hagen. **Photographers:** Judi Hagen, Colin Walker, Scott Vander Hyden, Dot Long. **Editor:** Colin Walker. **Design & Layout** by Phyllis Hall



BELLEVUE PARKS & COMMUNITY SERVICES IS GETTING GREENER!

New energy-efficient lights installed at four community recreation sites

Aging and inefficient lighting systems were replaced at four community recreation sites, including the Robinswood Tennis Center, South Bellevue Community Center Gymnasium, Newport Hills Community Park Sportsfield, and Highland Community Park Sportsfield, funded through an American Recovery and Reinvestment Act grant. Advanced lighting controls were installed to allow precise scheduling and timing for when the lighting systems are used. This minimizes the number of hours that lights are on when facilities are not being actively used. The new lights at indoor facilities

require no extended warm-up period to achieve full brightness, making it possible to turn them on and off as needed.

Retrofitting existing city facilities to reduce energy use is a stated goal of the City of Bellevue's Environmental Stewardship Initiative. For the indoor facilities, users enjoy improved lighting conditions while, at the same time, the City realizes energy conservation and reduced green house gas emissions. Improvements made to the outdoor facilities offer the same benefits as those described for the indoor facilities, as well as decreased light spill pollution to

surrounding neighbors and to the night sky. It is estimated that there will be over 50,000 visits at all four locations next year.

In most cases, the new systems require fewer fixtures to provide the same or improved light levels, and fewer hours of operation needed through use of advanced lighting control technologies. The installation of more efficient lighting systems at four Bellevue parks is expected to save the city over \$23,000 every year. These projects reduce energy consumption, reducing the City's carbon footprint by the equivalent of taking 14 cars off the road each year.

Robinswood Tennis Center Court Lighting: A 57% energy reduction is expected at the Tennis Center, with a net cost savings of \$15,633 per year, with a 6 year simple payback on investment.

South Bellevue Community Center – Gymnasium Lighting: A 58% energy savings is estimated at the community center, with annual cost savings of \$5,258, with a 7 year simple payback on investment.

Newport Hills - Synthetic Soccer Field: Estimated annual energy savings of 64%. New synthetic turf is expected to result in increased year round scheduling (from 170 hours to 400 hours per year).

Highland Community Park – Sports Field: Estimated annual energy savings of 57%, and estimated annual cost savings of \$3,816.

Compared to the current system, the new sportsfield lighting systems at Newport Hills and Highland Community Park will:

- provide approximately 10% more light with greater uniformity on the playing surface;
- use two-thirds fewer fixtures and less than half of the energy; and
- significantly reduce spill light and glare impacts on the neighbors.



Environmental
Stewardship
Initiative

For information on the City of Bellevue's environmental stewardship initiative, contact Paul Andersson, Program Manager, 425-452- 6129, or email PAndersson@bellevuewa.gov.

Newport Hills Sportsfield Renovation Nears Completion



Bellevue
Parks & Natural Areas
LEVY PROJECT
Enhancing our City in a Park

Newport Hills Sportsfield BY THE NUMBERS

- **Amount of sand imported to site:** 617 tons
- **Amount of rubber infill:** 156 tons, or 26,000 recycled tires
- **Dump truck loads of crushed rock:** 250
- **Length of drainage lines:** 10,000 lineal feet, or 1.89 miles
- **Surface area of synthetic turf:** 80,000 square feet
- **Days available for use each year:** Before: 143 days. After: 365 days.
- **Project Cost:** \$1.7 Million
- **Funding Source:** Bellevue Parks & Natural Areas Levy



Crews leveled the field in preparation for turf installation.



A new drainage system will move water away from the field.



New concrete sidewalks were installed throughout the park.



Many dump truck loads of gravel were required to prepare the field surface.



The surface had to be leveled with millimeter accuracy.



Synthetic surface was installed!

More pictures available on flickr!

<http://www.flickr.com/photos/bellevuewashington>



To learn how to reserve the Newport Hills Sportsfield, call 425-452-7221, or email BallfieldRental@bellevuewa.gov

CHOP SHOP

BODIES OF WORK

February 12, 2011 at 7:30 pm &

February 13, 2011 at 3:00 pm

The Theatre at Meydenbauer Center

Chop Shop: Bodies of Work, is an exciting contemporary dance festival featuring regional and national contemporary dance companies. This unique two day festival includes outstanding performances and master classes in dance technique and lectures at Meydenbauer Center and FREE community events at City of Bellevue community centers.

Featured dance companies performing this year include The Stone Dance Collective whose style reaches audiences through humor, detail and an unexpected approach to contemporary dance. Other performing artists include Spectrum Dance Theater directed by internationally renowned choreographer Donald Byrd, and SD/Prism Dance Theatre led by Artistic Director Sonia Dawkins.

For more
information visit
chopshopdance.org



Dancer: Kelly Hui of
The Stone Dance Collective
Photo by Zebra Visual

January: Experience the Arts Project

Families and kids of all ages are invited to a free Experience the Arts Project program at Bellevue community centers in January. Discover what type of movement contemporary dance uses. Learn how a dance is created. Try a contemporary dance class – no experience necessary! Lecture/demonstrations presented by Eva Stone of The Stone Dance Collective.

Attend a free Experience the Arts Project family program on:

Wednesday, January 19, 6:30 pm at Crossroads Community Center

Wednesday, January 12, 6:30 pm at Bellevue Youth Theatre

Register for a free contemporary dance class on:

Saturday, January 29, 12:30 pm at Crossroads Community Center, Course 51352

Saturday January 22, 12:30 pm at Bellevue Youth, Course 56354

Experience the Arts Project programs are sponsored by
4Culture and the City of Bellevue.

Volunteer Opportunities



Make a difference in your community!

These are just a few of our many volunteer opportunities available to you:

- Volunteer at a community center or facility.
- Serve on a board or commission
- Coach a youth sports team
- Volunteer at a special event
- Join the City's habitat restoration efforts.
- Plant a tree.
- Volunteer with the City's probation program.
- Volunteer at a mini City Hall.
- Become a mediator

Contact Shelly Shellabarger, Volunteer Program Coordinator, to find out how you can get involved: email volunteer@bellevuewa.gov, or call 425-452-5375.

Send Me More Information!

Interested in volunteering? Please give us your name, address, and phone number, and let us know what you're interested in doing. We will contact you to discuss volunteer opportunities available.

Name: _____

Address: _____

Phone (Day): _____ (Evening): _____

Email Address: _____

I am interested in: _____

All information is for City of Bellevue use only.

Please mail completed form to:

City of Bellevue
Shelly Shellabarger,
Volunteer Coordinator
PO Box 90012
Bellevue, WA 98009-9012

Save Time, Do It Online!

Save a stamp: visit the City's web-site at <http://www.bellevuewa.gov/volunteer.htm>, or send an email to volunteer@bellevuewa.gov.

Bellevue Parks & Community Services has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. We would love to have your help! If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email volunteer@bellevuewa.gov.

You can also contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden

425-452-2750

LScott@bellevuewa.gov

Bellevue Youth Theatre

425-452-7155

BYT@bellevuewa.gov

Specialized Recreation

425-452-7686

KIndurkar@bellevuewa.gov

Special Events

425-452-4106

NWAC@bellevuewa.gov

Kelsey Creek Farm

425-452-7688

KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center

425-452-7681

NBCC@bellevuewa.gov

Robinswood Tennis Center

425-452-7690

JSoriano@bellevuewa.gov

Park Stewards/Naturalists

425-452-4195

CKBrown@bellevuewa.gov

Cultural Diversity Program

425-452-7886

KHenry@bellevuewa.gov

Youth Sports

425-452-4627

HChristoff@bellevuewa.gov





Celebrating 20 Years

The Bellevue Youth Theatre program was founded in 1990 in the Crossroads area of Bellevue as an outreach program for disenfranchised youth. With proud roots as a recreational performing arts center, it has grown to serve youth, families, persons with disabilities and seniors not only in Bellevue but in other Eastside communities as well.

The theatre presents 10 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate academy, workshop and day camp programs are also offered. Annual involvement in the program has grown to include more than 900 individuals and more than 10,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. Most importantly, it is a place where everyone has a role.

Rapunzel- \$10 at BYT

This version of the timeless tale is sure to have you rolling in the aisles. Learn the who, what, where, when and, most of all, why behind a fairy tale you thought you already knew. It's full of surprises and laughs--come to BYT and let your hair down! This show is rated G.

Thursday, November 18	7pm
Friday, November 19	7pm
Saturday, November 20	2pm and 7pm
Sunday, November 21	2pm and 5pm

Miracle on 34th Street - \$10 at Meydenbauer

Do you believe in Santa Claus? Is Kris Kringle real? Come enjoy this classic tale that has entertained audiences for over 60 years. Help us to celebrate 20 years of the Bellevue Youth Theatre and enjoy this wonderful holiday musical treasure. This is part of Bellevue's Magic Season. This show is rated PG.

Friday, November 26	7pm
Saturday, November 27	2pm and 7pm
Sunday, November 28	2pm

The Magical Mrs. Claus - \$10 at BYT

Why are so many kids getting coal in their stockings this year? Why does Santa want a new suit? Bring your family to see this original holiday musical to find out! Great new songs and dances add sparkle to this fresh story filled with fun and magic. Destined to become a classic! This show is rated G.

Thursday, December 9	7pm
Friday, December 10	7pm
Saturday, December 11	2pm and 7pm
Sunday, December 12	2pm and 5pm

The Last Unicorn-\$10 at BYT

The cartoon comes to life in this delightful retelling of the story of the last unicorn. This show is suitable for all ages. Some parts may be intense for pre-school age children.

Friday, March 25 & April 1	7pm
Saturday, March 26 & April 2	7pm
Saturday, April 2	2pm
Sunday, March 27 & April 3	2pm

Pinocchio-\$10 at BYT

Follow the misadventures of Pinocchio and Geppetto as they search for their hearts desire. Along the way they are sidetracked by assorted villainous characters. This is fun and light hearted telling of the classic Tale of Pinocchio. This show is appropriate for all ages.

Friday, April 15 & 22	7pm
Saturday, April 16 & 23	7pm
Saturday, April 23	2pm
Sunday, April 17	2pm

Cinderella-\$10 at Meydenbauer

In this BYT retelling of the classic story, Cinderella comes to life on the stage at the Theatre at Meydenbauer. Whether it is evil stepmothers, a prince, or the bumbling step sisters, your entire family will enjoy this story.

Friday, April 29	7pm
Saturday, April 30	2pm and 7pm
Sunday, May 1	2pm



Northwest Arts Center

THE PERFECT PLACE FOR PARTIES!

You bring the Party, we'll provide the fun!

9825 NE 24th Street Bellevue

425-452-4106

www.bellevuewa.gov

Theme Parties – 2 hour party (1 hour theme with party coordinator, 1 hour room for refreshments and gift opening) \$210.00

Choose one of the birthday party themes. Pricing reflects up to 12 children: Additional children \$10 each. Parties include 1 hour activity and 1 hour use of the classroom, as well as room set-up and clean-up.

TOYS, TOYS AND MORE TOYS

Arrange a fun fantasy of large colorful indoor play equipment. Climb, crawl, jump and roll around. The auditorium is a great place to host a birthday party for a large group of energetic kids. A Party they will not forget. Ages: 2-5 yrs.

PIRATE PARTY

We have a pirate's chest full of fun. Find treasures by using compass and old maps, dress in costumes, play pirate games and listen to stories. Ages: 3+yrs.

DINOSAUR DETECTIVE PARTY

Explore the amazing world of dinosaurs through art, storytelling and music. Search for dinosaur eggs in the grasslands of the Northwest Arts Center! Ages: 3-6yrs.

PRINCESS PARTY

Our party girl will transform into the prettiest princess you ever saw. Stories, dance and music will bring laughter and giggles to all!
Ages: 3-6yrs.

REQUEST YOUR OWN THEME



South Bellevue Community Center Community Room

It's not too late to reserve one of our indoor facilities for your holiday party, birthday, or wedding celebration!

Whether you are looking for a place to host an extended family gathering or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From historical homes and estates to large modern community centers, you are sure to find the perfect place to host your gathering.

Up to 50 guests: Lewis Creek Visitor Center

Up to 75 guests: Historic Winters House

Up to 100-125 guests: Northwest Arts Center, Crossroads Community Center, South Bellevue Community Center, Robinswood House

Up to 200-250 guests: Highland Center, North Bellevue Community Center

For more information, visit
www.bellevuewa.gov/rental_facilities.htm
 or call 425-452-6914.





SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



South Bellevue Community Center

Location: 14509 SE Newport Way

Phone: 425-452-4240

E-mail: sbcc@bellevuewa.gov

In partnership with Boys and Girls Clubs of Bellevue, the City of Bellevue's South Bellevue Community Center is designed to be "a partnership for a healthy community" and a place where you can make improvements in how you live your life. SBCC's comprehensive health and wellness program includes group fitness classes, solo cardio/strength workouts, and drop in sports and recreation activities for all ages. Check out the City of Bellevue's social and recreational classes, programs and special events for older adults and pre-school ages. Register your school age child for the B&GCB after-school program Project Learn, or encourage your teen to check out their teen late night program, "The Club."

The City of Bellevue is committed to providing a wide range of recreation activities at South Bellevue Community Center for Bellevue residents and non-residents. Due to an interlocal agreement with King County, equal access to programs at SBCC is provided to residents and non-residents, and all registrations for programs at SBCC are processed in the order received.

A PARTNERSHIP FOR A HEALTHY COMMUNITY: BOYS & GIRLS CLUBS OF BELLEVUE PROGRAMS AT SOUTH BELLEVUE COMMUNITY CENTER

The City of Bellevue and Boys and Girls Clubs of Bellevue are partnering to bring you programming at South Bellevue Community Center. The following classes require a Boys and Girls Club membership, and registration and scholarship policies may differ from those published at the end of *Connections*.

B&GCB - MEMBERSHIP/DROP IN \$27/YR

An Annual Membership is required for a member to participate in our Project Learn programs at the South Bellevue Community Center. For more information, program times and restrictions please contact Chris Burnside at 425-452-4240.

There are no discounts, scholarships or payment plans available for memberships.

B&GCB- TEEN DROP-IN/LATE NIGHT

Teens 13-18 yrs old have a cool new place to come play basketball, watch movies, play video games, or just hang out in the gamesroom. Professional staff will be on hand to get things started and to keep it safe! Boys and Girls Club Teen Membership **REQUIRED**. Min 1/Max 100
South Bellevue Community Center
FREE Age: 13Y - 18Y

B&GCB- DROP IN

An Annual Membership is required for a member to participate in our Project Learn Drop-In programs at the South Bellevue Community Center. For more information, Drop-In program times and restrictions please contact Chris Burnside at 425-452-4240.

South Bellevue Community Center

FREE

Age: 5Y - 12Y

Course #49632

B&GCB- PROJECT LEARN

Education/recreation program for children grades K-5 offering tutoring and homework assistance, an internet-ready computer lab, special events, social recreation, and positive role models and counselors - all in a caring, safe place. This program runs the length of the school year. The Club is open Mon-Fri, 2:30-6:00pm, with the exception of the early release Wednesdays when Project Learn will open directly after school. Scholarships & payment plans are available.

South Bellevue Community Center

5 DAYS PER WEEK

\$250/month

Age: 5Y - 12Y

Project Learn - Eastgate - Course #49636

Project Learn - Newport Heights - Course #49637

Project Learn - Puesta Del Sol - Course #49638

Project Learn - Somerset - Course #49639

Project Learn - Spiritridge - Course #49640

Project Learn - Other Schools - Course #49641

3 DAYS PER WEEK

\$150/month

Age: 5Y - 12Y

Project Learn - Eastgate - Course #49642

Project Learn - Newport Heights - Course #49643

Project Learn - Puesta Del Sol - Course #49644

Project Learn - Somerset - Course #49645

Project Learn - Spiritridge - Course #49646

Project Learn - Other Schools - Course #49647

1 DAY PER WEEK

\$50/month

Age: 5Y - 12Y

Early Release Wed - SBCC - Course #49648

Early Release Wed - Eastgate - Course #49649

Early Release Wed - Puesta Del Sol - Course #49650

Early Release Wed - Somerset - Course #49651

B&GCB- CLUB CONNECTS

Education/recreation program for children grades 6-7 offering tutoring and homework assistance, special events, social recreation, and positive role models and counselors.

This program runs the length of the school year. The Club opens directly after school, Monday - Friday. Scholarships & payment plans are available.

South Bellevue Community Center

\$125/month

Age: 11Y - 13Y

49652 After School

Mon-Fri

Aug 31-Jun 11

B&GCB- YOUTH BASKETBALL - GRADE 3-9

Boys and Girls Clubs of Bellevue YOUTH BASKETBALL program are designed to teach basketball skills; to encourage sportsmanship at all times; through example, build character and confidence, and above all else, to enable the youth to enjoy the game of basketball. Scheduled location and dates TBD. This league includes a one-hour practice and one game per week throughout the season. Practices start in September. No practices in December. Games begin in October. Regular season games will run through early December. There are no post-season games for this division. Scheduled location and dates TBD. Please register at www.bgcbellevue.org. For more information please call the Main Club, 425-454-6162.



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

Bellevue Youth Council

T.R.A.C.K.S. Action Team

Outspoken Teen Paper

Community Leadership Awards

Youth Link Web Team

Eastside Youth Council Summit

Teen Café "Jub-Hub" Project

Youth Court Action Team

Teen Closet





AQUATICS

Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Physical Address: 601 - 143rd Avenue NE

Mailing Address: PO Box 90012,
Bellevue, WA 98009-9012

SWIM RATES

Drop-In Fees

Adult: \$5.75

Youth (12 yrs. and younger): \$4.75

Deep Water Exercise Class: \$6.75

Master Swim Class: \$6.75

Discounted Swim (Mon-Sun before 10am
when available): \$4.00

Shower only: \$2 (*Blue Lagoon locker rooms*)

Contract rate for pool use by businesses;
contact Scott Armstrong at 425-452-4444
for more information.

Swim Pass Cards

(12 visits for the price of 10, no expiration
date)

Adult: \$57.48

Youth: \$47.52

Deep Water Exercise: \$67.56

Masters Swim: \$67.56

Discounted Swim: \$39.96

3 Month Swim Pass Cards

(For Lap, Open, and Rehab Swims)

Adult: \$144

Youth: \$96.60

Family: \$231

SPECIAL SCHEDULE

Pool closed November 25

No lessons November 22 - 28

Pool closed December 25

Pool closed January 1, 2011

SPECIAL EVENTS

Masters Workout November 25

9 am - 11 am, \$9

Youth Appreciation Day November 26.

12-2 pm ONLY. All other programs can-
celled. Free to 12 years of age and under.

Enjoy raffles and water safety demos.



FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 2-4pm

And Sundays, 2-4pm

Blue Lagoon Pool

1 - 25 guests: \$194.25 per hour

26-60 guests: \$234.50 per hour

61-90 guests: \$260 per hour

91-120 guests: \$308.75 per hour

121 + guests: \$386 per hour

Cost includes staff and use of pool toys.

Party Room Rentals

Available during pool rentals or open swims. \$57.75 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

Aquarobics Class - Professionally trained instructors will inspire you - promoting muscle tone and a vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not req'd and all fitness levels welcome. Registration: 425-894-0045 /www.aquarobics.net.

Aquarobics Deep Water Fitness -

Monday/Wednesday 6-7pm

Deep Water: Burn Calories, Build Strong Muscles & Strengthen your Core! No Impact! The Deep Water is constant resistance to get results! Professionally trained instructors. Work-at-Your-Own-Pace. Beginners to Advanced Welcome! Registration: 425-894-0045.

Ai Chi - Flowing Aquatic Energy. Let the soothing waters strengthen your body and caress your spirit! Flowing yet powerful progression. Combines deep breathing with slow, broad movements of arms, legs, and torso. For registration information, contact Community Integration Services at 425-830-7746 or visit www.cisaquatics.com.

Body Tune-Up - Stretch, strengthen, and tone your muscles. This exercise program will help you to improve balance, range of motion and flexibility. Register with Community Integration Services at 425-830-7746 or visit www.cisaquatics.com.

Chinook Aquatic Club - Private USS youth swim team. For more information, email chinookswimming@hotmail.com.

MS Association - Multiple Sclerosis Exercise, other disabilities are welcome. For more information call 206-633-2606.

ORCA Swim School - Swim company that offers private and semi-private lessons. Call the ORCA Swim School at 425-793-9870 for more information or to register.

Silent World - SCUBA diving company that uses the Blue Lagoon pool for lessons. Contact Silent World at 425-747-8842 for more information.

Special Olympics - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact Patience Russi at 425-277-3659 for more information.

Deep Water Exercise Class - Deep water aerobics workout that uses an aqua-jogging belt. High energy instructors provide specific exercise routine.

Masters Swim Program - Offers a low-key approach to competitive swimming for individuals age 19 and older. Workouts are based on ability levels and goals. For more information, contact Scott at 425-452-2806.

WaterMotion Class - Group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre & post surgery. Increase strength, flexibility and balance using full range of motion exercises. Get In. Get Fit. Registration: 425-894-0045/www.aquarobics.net

Therapy Groups - Contracted space is available. Contact Scott Armstrong at 425-452-2806 for more information.



LEARN TO SWIM PROGRAMS

Note: Registration forms are processed in the order received. 10-day preference for Bellevue residents.

HELP! At the Bellevue Aquatic Center, our goal is to provide high quality, productive swim lessons for your children. Enrolling students in classes with others of similar abilities is vital in achieving this goal. To ensure that your child is enrolled in the best class for him/her, please retain your progress cards or ask for a placement test if they have not been in BAC lessons for 3 months. **Children signed up at the incorrect level may be removed from the class.**

Placement Testing: Unsure of the level in which to register? Placement testing is required for students who have not taken lessons at Bellevue Aquatic Center within the past three months.

Registering for Multiple Sessions? You may register for any or all of the sessions on the schedule. Remember to:

- 1) Assume that the participant will complete each level twice before advancing.
- 2) Pay for all sessions at the time of registration.

Space is limited. Registration is on a first come, first served basis.

Withdrawal and Change Policy - NO EXCEPTIONS
See refund/credit policies on page 61. No refunds will be issued after a class has started.

Minimum Class Size: Each class has a minimum class size requirement. The Bellevue Aquatic Center has the right to cancel classes when registration demand does not meet the requirement. Accommodations will be made for the registered participants whenever possible.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Learn to swim, one on one. The Bellevue Aquatic Center will be offering private swim lessons throughout this quarter. Lessons are offered Fridays and are for ages 3+. Each 30 minute session is \$38. Withdrawal from a class is subject to a \$10 administrative fee. Please see **Withdrawal and Change Policy**. For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons."

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years

Gum Drop

Instructors provide parents with information and techniques to help their infant become comfortable in the water.

PRESCHOOL LEVEL CLASSES

Ages: 3-5 years

Preschool 1 - Starrs

Beginning level; focus on water adjustment, safety, and introduction to basic swimming skills.

Preschool 2 - Get-A-Long

For children who are comfortable going under the water. Focus on reach and pull arm stroke, gliding, and independent floating.

Preschool 3 - Gecko

Students will begin to develop a coordinated crawl stroke and deep water adjustment.

Preschool 4 - Gammy

Advanced classes. Children will practice crawl stroke with side breathing, elementary backstroke, and begin to learn breaststroke and backstroke.

Preschool 5 - Cola

Advanced classes. Children will develop strength while improving crawl stroke with side breathing, breaststroke, and backstrokes. Sidestroke and diving will be introduced.

YOUTH LEVEL CLASSES

Ages: 6-12 years

Youth 1 - Kitchiwank

Beginning level; focus on water adjustment, safety, and introduce basic strokes.

Youth 2 - Smudge

Students will begin arm stroke on front and back, with kick for 20 feet.

Youth 3 - Klaus

Students will learn how to breathe while performing the crawl stroke, and begin learning the backstroke.

Youth 4 - Raimee

Advanced classes. Children will improve crawl stroke with side breathing, backstrokes, and breaststroke. Sidestroke and diving will be introduced.

Youth 5 - Bumpy Gee

Advanced classes. Children will develop endurance while practicing crawl stroke with side breathing, backstrokes, breaststroke, and diving. Introduction to butterfly stroke.

Youth 6 - Cisco

These upper-level classes will develop endurance and technique. Students will learn the butterfly stroke and flip turns.

Pre-Competition

Advanced stroke development and endurance. For those interested in preparing for swim team/competition. Must have completed Youth 6.

ADULT LEVEL CLASSES

Ages: 13 years & up

Adult Introduction

For those with little or no water exposure or fear of water. Focus is on learning breath control, how to float, and an introduction to basic skills.

Adult Intermediate/Advanced

Further develop strokes to increase endurance and confidence. Work on individual goals.

Lifeguard Training

Program offers American Red Cross certification in lifeguard training, first aid, and CPR for the professional rescuer. Participants must pass a pre-course test prior to enrollment and be at least 15 years of age by the end of the course.

ADULT INTER - ADV SWIM LESSONS

51485	6:20- 6:50pm	Mon, Wed	Jan 10-Feb 02	\$74
51486	10:45-11:45am	Sat	Jan 15-Feb 19	\$111
51487	6:20- 6:50pm	Mon, Wed	Feb 07-Mar 09	\$74
51488	10:45-11:45am	Sat	Mar 05-Apr 16	\$111
51489	6:20- 6:50pm	Mon, Wed	Mar 14-Apr 13	\$74

ADULT INTRODUCTION SWIM LESSONS

51504	6:20- 6:50pm	Tue, Thu	Jan 11-Feb 03	\$74
51506	9:35-10:35am	Sun	Jan 16-Feb 20	\$111
51507	6:20- 6:50pm	Tue, Thu	Feb 08-Mar 10	\$74
51509	9-10am	Sat	Mar 05-Apr 16	\$111
51508	9:35-10:45am	Sun	Mar 06-Apr 17	\$111
51511	6:20- 6:50pm	Tue, Thu	Mar 15-Apr 14	\$74



PARENT/TOT SWIM LESSONS

51536	5:45- 6:15pm	Mon, Wed	Jan 10-Feb 02	\$68
51540	11-11:30am	Mon, Wed	Jan 10-Feb 02	\$68
51541	10:10-10:40am	Sat	Jan 15-Feb 19	\$51
51542	11:20-11:50am	Sat	Jan 15-Feb 19	\$51
51543	11:20-11:50am	Sun	Jan 16-Feb 20	\$51
51544	11:20-11:50am	Mon, Wed	Feb 07-Mar 09	\$68
51545	5:45- 6:15pm	Tue, Thu	Feb 08-Mar 10	\$68
51537	10:10-10:40am	Sat	Mar 05-Apr 16	\$51
51546	11:20-11:50am	Sat	Mar 05-Apr 16	\$51
51547	11:20-11:50am	Sun	Mar 06-Apr 17	\$51
51548	11-11:30am	Mon, Wed	Mar 14-Apr 13	\$68
51549	5:45- 6:15pm	Tue, Thu	Mar 15-Apr 14	\$68

PRESCHOOL 1 SWIM LESSONS

51626	10-10:30am	Mon, Wed	Jan 10-Feb 02	\$78
51627	4- 4:30pm	Mon, Wed	Jan 10-Feb 02	\$78
51628	4:35- 5:05pm	Mon, Wed	Jan 10-Feb 02	\$78
51629	4- 4:30pm	Tue, Thu	Jan 11-Feb 03	\$78
51630	4:35- 5:05pm	Tue, Thu	Jan 11-Feb 03	\$78
51631	6:20- 6:50pm	Tue, Thu	Jan 11-Feb 03	\$78
51632	9-9:30am	Sat	Jan 15-Feb 19	\$58.50
51633	9:35-10:05am	Sat	Jan 15-Feb 19	\$58.50
51738	10:10-10:40am	Sat	Jan 15-Feb 19	\$58.50
51634	9:35-10:05am	Sun	Jan 16-Feb 20	\$58.50
51635	10:45-11:15am	Sun	Jan 16-Feb 20	\$58.50
51636	10-10:30am	Mon, Wed	Feb 07-Mar 09	\$78
51637	4- 4:30pm	Mon, Wed	Feb 07-Mar 09	\$78
51638	4:35- 5:05pm	Mon, Wed	Feb 07-Mar 09	\$78
51639	4:35- 5:05pm	Tue, Thu	Feb 08-Mar 10	\$78
51640	6:20- 6:50pm	Tue, Thu	Feb 08-Mar 10	\$78
51641	9-9:30am	Sat	Mar 05-Apr 16	\$58.50
51642	9:35-10:05am	Sat	Mar 05-Apr 16	\$58.50
51643	10:10-10:40am	Sat	Mar 05-Apr 16	\$58.50
51644	9:35-10:05am	Sun	Mar 06-Apr 17	\$58.50
51645	10:45-11:15am	Sun	Mar 06-Apr 17	\$58.50
51646	10-10:30am	Mon, Wed	Mar 14-Apr 13	\$78
51647	4:35- 5:05pm	Tue, Thu	Mar 15-Apr 14	\$78
51648	6:20- 6:50pm	Tue, Thu	Mar 15-Apr 14	\$78
51668	5:10- 5:40pm	Mon, Wed	Mar 14-Apr 13	\$78
51677	4- 4:30pm	Mon, Wed	Mar 14-Apr 13	\$78

PRESCHOOL 2 SWIM LESSONS

51751	10:30-11am	Mon, Wed	Jan 10-Feb 02	\$78
51752	5:10- 5:40pm	Mon, Wed	Jan 10-Feb 02	\$78
51753	5:45- 6:15pm	Mon, Wed	Jan 10-Feb 02	\$78
51754	4- 4:30pm	Tue, Thu	Jan 11-Feb 03	\$78
51755	5:10- 5:40pm	Tue, Thu	Jan 11-Feb 03	\$78
51756	6:20- 6:50pm	Tue, Thu	Jan 11-Feb 03	\$78
51757	9:35-10:05am	Sat	Jan 15-Feb 19	\$58.50
51758	10:45-11:15am	Sat	Jan 15-Feb 19	\$58.50
51759	9-9:30am	Sun	Jan 16-Feb 20	\$58.50
51760	9:35-10:05am	Sun	Jan 16-Feb 20	\$58.50
51761	10:10-10:40am	Sun	Jan 16-Feb 20	\$58.50
51762	10:30-11am	Mon, Wed	Feb 07-Mar 09	\$78
51763	4- 4:30pm	Mon, Wed	Feb 07-Mar 09	\$78
51765	4:35- 5:05pm	Tue, Thu	Feb 08-Mar 10	\$78
51766	5:10- 5:40pm	Tue, Thu	Feb 08-Mar 10	\$78
51777	5:45- 6:15pm	Mon, Wed	Feb 07-Mar 02	\$78
51767	9:35-10:05am	Sat	Mar 05-Apr 16	\$58.50
51768	10:45-11:15am	Sat	Mar 05-Apr 16	\$58.50
51769	9-9:30am	Sun	Mar 06-Apr 17	\$58.50
51770	9:35-10:05am	Sun	Mar 06-Apr 17	\$58.50
51771	10:10-10:40am	Sun	Mar 06-Apr 17	\$58.50
51772	10:30-11am	Mon, Wed	Mar 14-Apr 13	\$78
51773	4:35- 5:05pm	Mon, Wed	Mar 14-Apr 13	\$78
51774	5:45- 6:15pm	Mon, Wed	Mar 14-Apr 13	\$78
51775	4:35- 5:05pm	Tue, Thu	Mar 15-Apr 14	\$78
51776	5:10- 5:40pm	Tue, Thu	Mar 15-Apr 14	\$78

PRESCHOOL 3 SWIM LESSONS

51851	4- 4:30pm	Mon, Wed	Jan 10-Feb 02	\$78
51852	5:10- 5:40pm	Tue, Thu	Jan 11-Feb 03	\$78
51853	9-9:30am	Sat	Jan 15-Feb 19	\$58.50
51854	10:45-11:15am	Sat	Jan 15-Feb 19	\$58.50
51855	9-9:30am	Sun	Jan 16-Feb 20	\$58.50
51856	10:10-10:40am	Sun	Jan 16-Feb 20	\$58.50
51857	10:45-11:15am	Sun	Jan 16-Feb 20	\$58.50
51858	5:45- 6:15pm	Mon, Wed	Feb 07-Mar 09	\$78
51859	4- 4:30pm	Tue, Thu	Feb 08-Mar 10	\$78
51860	6:20- 6:50pm	Tue, Thu	Feb 08-Mar 10	\$78
51861	9-9:30am	Sat	Mar 05-Apr 16	\$58.50
51862	10:45-11:15am	Sat	Mar 05-Apr 16	\$58.50
51863	9-9:30am	Sun	Mar 06-Apr 17	\$58.50
51864	10:10-10:40am	Sun	Mar 06-Apr 17	\$58.50
51865	10:45-11:15am	Sun	Mar 06-Apr 17	\$58.50
51866	5:45- 6:15pm	Mon, Wed	Mar 14-Apr 13	\$78
51867	4- 4:30pm	Tue, Thu	Mar 15-Apr 14	\$78

PRESCHOOL 4 SWIM LESSONS

51917	4- 4:30pm	Mon, Wed	Jan 10-Feb 02	\$78
51918	4- 4:30pm	Tue, Thu	Jan 11-Feb 03	\$78
51919	4:35- 5:05pm	Tue, Thu	Jan 11-Feb 03	\$78
51920	10:10-10:40am	Sat	Jan 15-Feb 19	\$58.50
51921	9:35-10:05am	Sun	Jan 16-Feb 20	\$58.50
51922	4:35- 5:05pm	Mon, Wed	Feb 07-Mar 09	\$78
51923	4- 4:30pm	Tue, Thu	Feb 08-Mar 10	\$78
51924	5:10- 5:40pm	Tue, Thu	Feb 08-Mar 10	\$78
51925	10:10-10:40am	Sat	Mar 05-Apr 16	\$58.50
51928	10:45-11:15am	Sat	Mar 06-Apr 17	\$58.50
51938	9:35-10:05am	Sun	Mar 06-Apr 17	\$58.50
51926	4- 4:30pm	Tue, Thu	Mar 15-Apr 14	\$78
51927	5:10- 5:40pm	Tue, Thu	Mar 15-Apr 14	\$78
51937	4:35- 5:05pm	Mon, Wed	Mar 14-Apr 13	\$78

PRESCHOOL 5 SWIM LESSONS

51970	5:45- 6:15pm	Tue, Thu	Jan 11-Feb 03	\$78
51971	9:35-10:05am	Sat	Jan 15-Feb 19	\$58.50
51972	11:20-11:50am	Sat	Jan 15-Feb 19	\$58.50
51981	4:35- 5:05pm	Mon, Wed	Jan 10-Feb 02	\$78
51973	10:10-10:40am	Sun	Jan 16-Feb 20	\$58.50
51974	5:10- 5:40pm	Mon, Wed	Feb 07-Mar 09	\$78
51975	4:35- 5:05pm	Tue, Thu	Feb 08-Mar 10	\$78
51976	9:35-10:05am	Sat	Mar 05-Apr 16	\$58.50
51977	11:20-11:50am	Sat	Mar 05-Apr 16	\$58.50
51978	10:10-10:40am	Sun	Mar 06-Apr 17	\$58.50
51979	5:10- 5:40pm	Mon, Wed	Mar 14-Apr 13	\$78
51980	4:35- 5:05pm	Tue, Thu	Mar 15-Apr 14	\$78

YOUTH LEVEL 1 SWIM LESSONS

53280	6:20- 6:50pm	Mon, Wed	Jan 10-Feb 02	\$78
53281	4:35- 5:05pm	Tue, Thu	Jan 11-Feb 03	\$78
53282	9:35-10:05am	Sat	Jan 15-Feb 19	\$58.50
53284	5:45- 6:15pm	Mon, Wed	Jan 10-Feb 02	\$78
53286	9-9:30am	Sat	Jan 15-Feb 19	\$58.50
53283	9-9:30am	Sun	Jan 16-Feb 20	\$58.50
53287	11:20-11:50am	Sun	Jan 16-Feb 20	\$58.50
53288	4:35- 5:05pm	Mon, Wed	Feb 07-Mar 09	\$78
53289	4- 4:30pm	Tue, Thu	Feb 08-Mar 10	\$78
53290	9-9:30am	Sat	Mar 05-Apr 16	\$58.50
53293	9:35-10:05am	Sat	Mar 05-Apr 16	\$58.50
53292	9-9:30am	Sun	Mar 06-Apr 17	\$58.50
53294	6:20- 6:50pm	Mon, Wed	Mar 14-Apr 13	\$78
53295	5:45- 6:15pm	Tue, Thu	Mar 15-Apr 14	\$78

YOUTH LEVEL 2 SWIM LESSONS

53344	4:35- 5:05pm	Mon, Wed	Jan 10-Feb 02	\$74
53345	4:35- 5:05pm	Tue, Thu	Jan 11-Feb 03	\$74
53346	9-9:30am	Sat	Jan 15-Feb 19	\$55.50
53347	10:45-11:15am	Sat	Jan 15-Feb 19	\$55.50
53348	9:35-10:05am	Sun	Jan 16-Feb 20	\$55.50
53349	10:45-11:15am	Sun	Jan 16-Feb 20	\$55.50
53350	6:20- 6:50pm	Mon, Wed	Feb 07-Mar 09	\$74
53351	4:35- 5:05pm	Tue, Thu	Feb 08-Mar 10	\$74
53352	5:45- 6:15pm	Tue, Thu	Feb 08-Mar 10	\$74
53353	9-9:30am	Sat	Mar 05-Apr 16	\$55.50
53354	11:20-11:50am	Sun	Mar 06-Apr 17	\$55.50
53357	10:45-11:15am	Sun	Mar 06-Apr 17	\$55.50
53355	5:45- 6:15pm	Mon, Wed	Mar 14-Apr 13	\$74
53356	6:20- 6:50pm	Tue, Thu	Mar 15-Apr 14	\$74
53383	5:10- 5:40pm	Tue, Thu	Mar 15-Apr 14	\$74

YOUTH LEVEL 3 SWIM LESSONS

53405	5:10- 5:40pm	Mon, Wed	Jan 10-Feb 02	\$74
53406	4- 4:30pm	Tue, Thu	Jan 11-Feb 03	\$74
53407	5:45- 6:15pm	Tue, Thu	Jan 11-Feb 03	\$74
53408	9-9:30am	Sat	Jan 15-Feb 19	\$55.50
53409	9:35-10:05am	Sat	Jan 15-Feb 19	\$55.50
53410	11:20-11:50am	Sun	Jan 16-Feb 20	\$55.50
53413	9-9:30am	Sun	Jan 16-Feb 20	\$55.50
53411	4- 4:30pm	Mon, Wed	Feb 07-Mar 09	\$74
53412	4- 4:30pm	Tue, Thu	Feb 08-Mar 10	\$74
53414	10:45-11:15am	Sat	Mar 05-Apr 16	\$55.50
53415	9-9:30am	Sun	Mar 06-Apr 17	\$55.50
53416	11:20-11:50am	Sun	Mar 06-Apr 17	\$55.50
53417	4- 4:30pm	Mon, Wed	Mar 14-Apr 13	\$74
53418	4- 4:30pm	Tue, Thu	Mar 15-Apr 14	\$74

YOUTH LEVEL 4 SWIM LESSONS

53463	6:20- 6:50pm	Mon, Wed	Jan 10-Feb 02	\$74
53464	6:20- 6:50pm	Tue, Thu	Jan 11-Feb 03	\$74
53465	10:10-10:40am	Sat	Jan 15-Feb 19	\$55.50
53466	10:10-10:40am	Sun	Jan 16-Feb 20	\$55.50
53467	10:45-11:15am	Sun	Jan 16-Feb 20	\$55.50
53468	5:45- 6:15pm	Mon, Wed	Feb 07-Mar 09	\$74
53469	5:10- 5:40pm	Tue, Thu	Feb 08-Mar 10	\$74
53470	6:20- 6:50pm	Tue, Thu	Feb 08-Mar 10	\$74
53471	10:10-10:40am	Sat	Mar 05-Apr 16	\$55.50
53472	9-9:30am	Sun	Mar 06-Apr 17	\$55.50
53473	10:10-10:40am	Sun	Mar 06-Apr 17	\$55.50
53474	4:35- 5:05pm	Tue, Thu	Mar 15-Apr 14	\$74
53493	4- 4:30pm	Mon, Wed	Mar 14-Apr 13	\$74

YOUTH LEVEL 5 SWIM LESSONS

53509	5:45- 6:15pm	Mon, Wed	Jan 10-Feb 02	\$74
53510	5:10- 5:40pm	Tue, Thu	Jan 11-Feb 03	\$70
53513	11:20-11:50am	Sat	Jan 15-Feb 19	\$55.50
53514	10:45-11:15am	Sat	Jan 15-Feb 19	\$55.50
53511	11:20-11:50am	Sun	Jan 16-Feb 20	\$55.50
53512	9-9:30am	Sun	Jan 16-Feb 20	\$55.50
53515	5:10- 5:40pm	Mon, Wed	Feb 07-Mar 09	\$74
53516	5:45- 6:15pm	Tue, Thu	Feb 08-Mar 10	\$74
53517	10:45-11:15am	Sat	Mar 05-Apr 16	\$55.50
53518	11:20-11:50am	Sat	Mar 05-Apr 16	\$55.50
53519	9:35-10:05am	Sun	Mar 06-Apr 17	\$55.50
53520	11:20-11:50am	Sun	Mar 06-Apr 17	\$55.50
53521	4:35- 5:05pm	Mon, Wed	Mar 14-Apr 13	\$74
53522	4- 4:30pm	Tue, Thu	Mar 15-Apr 14	\$74
53523	6:20- 6:50pm	Tue, Thu	Mar 15-Apr 14	\$74

YOUTH LEVEL 6 SWIM LESSONS

53557	5:10- 5:40pm	Mon, Wed	Jan 10-Feb 02	\$74
53558	5:45- 6:15pm	Tue, Thu	Jan 11-Feb 03	\$74
53559	11:20-11:50am	Sat	Jan 15-Feb 19	\$55.50
53560	10:45-11:15am	Sun	Jan 16-Feb 20	\$55.50
53561	6:20- 6:50pm	Mon, Wed	Feb 07-Mar 09	\$74
53562	5:45- 6:15pm	Tue, Thu	Feb 08-Mar 10	\$78
53563	11:20-11:50am	Sat	Mar 05-Apr 16	\$55.50
53564	10:45-11:15am	Sun	Mar 06-Apr 17	\$55.50
53565	6:20- 6:50pm	Mon, Wed	Mar 14-Apr 13	\$74
53566	5:45- 6:15pm	Tue, Thu	Mar 15-Apr 14	\$74

PRE-COMPETITION SWIM LESSONS

51592	5:10- 5:40pm	Tue, Thu	Jan 11-Feb 03	\$74
51593	10:10-10:40am	Sat	Jan 15-Feb 19	\$55.50
51594	11:20-11:50am	Sun	Jan 16-Feb 20	\$55.50
51595	5:10- 5:40pm	Mon, Wed	Feb 07-Mar 09	\$74
51596	5:10- 5:40pm	Tue, Thu	Feb 08-Mar 10	\$74
51597	10:10-10:40am	Sat	Mar 05-Apr 16	\$55.50
51598	11:20-11:50am	Sun	Mar 06-Apr 17	\$55.50
51599	5:10- 5:40pm	Mon, Wed	Mar 14-Apr 13	\$74
51600	5:10- 5:40pm	Tue, Thu	Mar 15-Apr 14	\$74

BELLEVUE AQUATIC CENTER

Pool Schedule• Valid January 2 - February 28 2011

Contact Bellevue Aquatic Schedule for most current schedule. All times subject to change.

Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 9:00AM	Lap Swim Discount 3 lanes Aquaerobics	Lap Swim Discount	Lap Swim Discount 3 lanes Aquaerobics	Lap Swim Discount	Lap Swim Discount 3 lanes Aquaerobics	Special Olympics 8 - 10 am Lap Swim Discount	
9:00 11:30AM	Open & Lap Swim Discount (before 10 am)					Lessons 9:00-12 pm	Lap Swim 9-12pm (3 lanes)
11:30AM 1:00:PM	Lap Swim (2 lanes) Deep Wtr Ex Masters (4 lanes) 12 - 1 pm	Lap Swim	Lap Swim (2 lanes) Deep Wtr Ex Masters (4 lanes) 12 - 1 pm	Lap Swim (2 lanes) Masters (4 lanes) 12 - 1 pm	Lap Swim (2 lanes) Deep Wtr Ex Masters (4 lanes) 12 - 1 pm	Deep Wtr Ex 10 - 11 am Lap Swim 10-12 pm (3 lanes)	Lessons 9:00 AM Noon
1:00 2:00:PM	Open & Lap Swim	MS Assoc Lap Swim 1-2pm	Open & Lap Swim	Open & Lap Swim	Open (except 3rd Friday of month)	12:00-2:00 Open & Lap Swim	
2:00 3:00PM		Open/Lap Swim				2:00-4:00 Pool Rentals	2:00-4:00 Pool Rentals
3:00 5:00PM	High School Swim Team practice BAC Lessons						
5:00 7:00 PM	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquaerobics 6-7 pm	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquaerobics 6-7 pm	Chinook		
7:00 8:00PM	Open & Lap swim	Open Laps(1 Lane) Scuba (1 Lane)	Open & Lap swim Discount	Open Laps(1 Lane) Scuba (1 Lane)	Open & Lap Swim		

Blue Lagoon (Lap Pool):

During Gray shaded times, pools are open only for those participating in the activities listed. Children under the age of 6 or under 48" in height, must be accompanied by an adult and be within an arm's length distance at all times.

Warm Springs (Warm Therapy Pool):

Children must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open Rehab swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. Lanes will not be sectioned off during "Open & Rehab" times, except for City of Bellevue private lessons. *Therapy Rehab is available for adults, therapy patients, and private lessons.

Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 9:00AM	Water Motion Class	Adult & Therapy Discount	Water Motion Class	Adult & Therapy Discount	Water Motion Class	Adult & Therapy Discount	
9:00 10:00AM	Water Motion Class	Open & Therapy 9 - 11 am Discount	Water Motion Class	Open & Therapy 9 - 11 am Discount	Water Motion Class	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00 11:30AM	Lessons 10-11:30am Adult & Therapy	before 10am Adult & Therapy 11 - 2:30	Lessons 10-11:30am Adult & Therapy	before 10am Ai Chi 11-12 pm	Adult & Therapy 10 - 1 PM		
11:30 12:30PM	Water Motion	12 - 1pm	Water Motion	Adult & Therapy 12-2:30	Open & Therapy 1-2:30	12:00-2:00 Open & Therapy Swim	
12:30 2:30PM	Open & Therapy	Body Tune-up shallow end only 12-1	Open & Therapy				
2:30 4:00PM	Adult & Therapy Overlake	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy Overlake		
4:00 7:00PM	LESSONS				Highland 4-5 pm Open & Therapy		
7:00 8:00PM	Open & Therapy		Discount Open & Therapy	Open & Therapy	5:00-8:00		

Day Camps & After-School Programs



After-School Programs

KID-ZONE GAMES DROP-IN

This is a drop-in after-school program for youth and teens at Crossroads Community Center. Join the fun in our games room!

Activities include: table tennis, billiards, air hockey, foosball, and other games. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration.

FREE Age: 7Y - 18Y

Crossroads Community Center
2:30- 5:30pm Mon-Fri Ongoing
1- 5:30pm Wed Ongoing

CREATIVE KIDS AFTER SCHOOL PROGRAM

Activities include active games; multimedia art & clay arts in our own pottery studio; healthy cooking & baking; and environmental education & gardening. During extended care hours children will have the opportunity to work on homework, reading or other special projects. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Extended care available 3:30pm to 5:30pm and must be registered separately. Min 15/Max 50

Northwest Arts Center
\$158(R) \$189(N) Age: 6Y - 11Y
56075 12:30- 3:30pm Wed Jan 05-Feb 16
\$105(R) \$126(N) Age: 6Y - 11Y
56101 3:30- 5:30pm Wed Jan 05-Feb 16
\$180(R) \$216(N) Age: 6Y - 11Y
56077 12:30- 3:30pm Wed Mar 02-Apr 27
\$120 \$144 Age: 6Y - 11Y
56102 3:30- 5:30pm Wed Mar 02-Apr 27

MAD SCIENCE AFTER-SCHOOL PROGRAM

Apply science to your favorite topics. See how chemistry helps detectives solve crimes, how simple machines can make cool devices like rocket cars, and how advances in science and technology are behind our favorite special effects. Min 15/Max 20

Crossroads Community Center
\$109(R) \$131(N) Age: 5Y - 12Y
54124 3:45- 4:45pm Wed Jan 26-Mar 09



Mid-Winter Break Camps

MID-WINTER CAMP

Camp activities compliment the season and include a combination of indoor and outdoor activities. Children will enjoy a variety of activities each day including outdoor games, movement, cooking & baking, multimedia arts & crafts, and pottery in our own pottery studio. Extended care is available 7:30-9:00am and 3:00-5:30pm and must be registered separately. Min 15/Max 45

Northwest Arts Center
\$128(R) \$153 Age: 6Y - 11Y
56104 9am- 3pm Tue-Fri Feb 22-25

Extended Care

\$32(R) \$38(N) Age: 6Y - 11Y
56434 7:30am- 5:30pm Tue-Fri Feb 22-25

MID WINTER BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Min 10/Max 40

Crossroads Community Center
\$124(R) \$149(N) Age: 7Y - 12Y
56480 8am- 4pm Tue-Fri Feb 22-25

SKATEBOARD CAMP - WINTER BREAK

Be the first to experience the all new indoor Skate Park at Highland Center! Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 6/Max 15

Highland Community Center
\$130(R) \$160(N) Age: 8Y - 17Y
55292 9am-12pm Mon-Fri Feb 21-25

MOVING WITH SCIENCE

Discover how things move with science! Take apart pellets to see what an owl cannot digest. View the world through a camera obscura that you make yourself. Join a team of camper engineers and build bridges, domes, cubes, and pyramids. Assemble and control pulleys, levers, catapults, and simple machines. Make your own sidewalk chalk, bath fizzers, and experiment with everyday powders in a 'dynamic dish.' Min 12/Max 24

Crossroads Community Center
\$213(R) \$256(N) Age: 5Y - 12Y
53705 9:30am- 4:30pm Tue-Fri Feb 22-25

HOOPADDICT/FIVE STAR PACIFIC NORTHWEST MID WINTER BREAK CAMP

Bellevue Parks & Community Services Department is teaming up with Hoopaddict to bring Five Star Basketball to the Northwest, to offer youth Basketball camps. Five Star offers the best combination of teaching, competition and exposure from East to West. The Five-Star experience allows for all levels of players to move closer to reaching 'their' highest level. All campers will go through 6 sets of stations - Fast Break Competition, Playoffs, League Games, Three-on-Three Tournament and No-Dribble or Situation Tournament. Campers will be divided into groups according to age and ability level. Please wear comfortable clothing, bring a lunch and water bottle. Each student will receive a t-shirt and skills evaluation portfolio. Min 15/Max 50

Newport High School
\$200(R) \$240(N) Age: 8Y - 14Y
56577 9am- 3pm Tue-Thu Feb 22-24

Day Camps & After-School Programs

Spring Break Camps

BELLEVUE YOUTH THEATRE SPRING BREAK CAMP - SLEEPING BEAUTY

Is your child interested in being on stage? This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience. From auditions to rehearsals, culminating in a performance. Every step is supported by staff and volunteers. When your child is not rehearsing, they will participate in arts & crafts and recreational activities. This camp will build your child's self esteem, confidence, teamwork, and basic memorization skills. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre is a recreational based theatre program that emphasizes positive experience and growth of the child over stage time and role size. Extended care is available for this camp. Min 15/Max 24 Bellevue Youth Theatre

Sleeping Beauty

Enjoy the adventures of the Sleeping Beauty and her family as they race to break the evil fairy's curse. Boys and girls alike will enjoy the recreational setting of this day camp.

\$167(R) \$202(N) Age: 5Y - 12Y
54632 9:30am- 3pm Mon-Fri Apr 04-08

Extended Care

\$40(R) \$48(N) Age: 5Y - 12Y
54636 7:30am- 5:30pm Mon-Fri Apr 04-08

SPRING BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. Min 10/Max 40

Crossroads Community Center

\$155(R) \$186(N) Age: 7Y - 12Y
56483 8am- 4pm Mon-Fri Apr 04-08



**FOLLOW US ON
FACEBOOK!**

Become a fan of **Bellevue Parks & Community Services** on Facebook!

SPRING BREAK CAMP

Camp activities compliment the season and include a combination of indoor and outdoor activities. Children will enjoy a variety of activities each day including outdoor games, movement, cooking & baking, multimedia arts & crafts, and pottery in our own pottery studio. Min 15/Max 45 Northwest Arts Center

\$160(N) \$200(N) Age: 6Y - 11Y
56106 9am- 3pm Mon-Fri Apr 04-08

Extended Care

\$40(R) \$50 Age: 6Y - 11Y
56107 7:30am- 5:30pm Mon-Fri Apr 04-08

HIGH ADVENTURE MOUNTAIN BIKING

Get fit and dirty with a three day clinic on mountain biking. Participants will sharpen skills and enjoy singletrack with Cascade Bicycle Club experts. Mountain bikes and helmets provided if you do not have your own! Please contact Tracks@bellevuewa.gov or call 425-452-4102 to reserve your bike. Min 5/Max 10

Highland Community Center

\$150 Age: 12Y - 17Y
55981 10am- 3pm Mon-Wed Apr 04-06

HIGH ADVENTURE SPRING BREAK CAMP

What appeals to your sense of a spring break adventure? If it is summiting local peaks, building snow shelters, or hanging with friends outdoors, then join City of Bellevue expert guides for three action-packed days of outdoor thrills. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 6/Max 12 Highland Community Center

\$120(R) \$140(N) Age: 12Y - 17Y
55968 9am- 4pm Mon-Wed Apr 04-06

I-BALL SPRING BREAK SKILLS CAMPS

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 15/Max 50 Newport High School

\$205(R) \$246(N) Age: 6Y - 14Y
56482 9am- 3pm Mon-Fri Apr 04-08

SCIENCE SLEUTHS

Decode the world around you as a Mad Science Sleuth! Send secret messages to your friends. Get a taste for space with an astronaut snack. Explore the universe with your own orbiter and use teamwork to unearth pollution solutions. Figure out the tricks of tight ropes and sniff out scents on our Mad Science trail. Uncover the answers to these mysteries and more as you become a genuine Mad Science Sleuth! Min 12/Max 24

Crossroads Community Center

\$265(R) \$318(N) Age: 5Y - 12Y
54049 9:30am- 4:30pm Mon-Fri Apr 04-08

SKATEBOARD CAMP- SPRING BREAK

The longest running skateboard camp in the state just got even better with the addition of the outdoor skate plaza. Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. With over fifteen years under our belt we believe we offer the most comprehensive camp out there. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 8/Max 15

Highland Community Center

\$130(R) \$160(N) Age: 8Y - 15Y
55287 9am-12pm Mon-Fri Mar 28-Apr 01
55288 9am-12pm Mon-Fri Apr 04-08

SPRING BREAK

UK INTERNATIONAL SOCCER CAMP

We have partnered with United Kingdom (UK) International soccer academy to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Daily schedule includes warm up, skills, fundamentals, small sided games, technical session, tournaments and awards. Children need to bring ball, water bottle, shin guards, sunscreen snack or lunch. Min 10/Max 100

Robinswood Community Park

Half Day

\$110(R) \$132(N) Age: 4Y - 13Y
56484 9am-12pm Mon-Fri Apr 04-08

Full Day

\$172(R) \$206(N) Age: 7Y - 13Y
56485 9am- 3pm Mon-Fri Apr 04-08



Art & Craft Programs for Adults

GARDEN D'LIGHTS WORK PARTIES

If you've participated in one or more Garden d'Lights classes, you are invited to come help this fall with preparations for our annual Garden d'Lights celebration at the Bellevue Botanical Garden. Participants will help make and repair flowers and/or critters to be placed in the garden in November and December. Call 425-451-3755 to sign up or visit Bellevuebotanical.org for more information and a schedule.

ART - DROP-IN PAINTING

Bring your watercolor or other painting project and visit with others in this friendly drop-in atmosphere. Bring your own supplies. Min 2/Max 20

North Bellevue Community Center
FREE Age: 18Y and up
54505 1-3pm Thu Jan 13-Apr 28

ART - IKEBANA

Ikebana is a three-dimensional artistic expression composed of flower and plant material arranged in a container. It is one of the unique cultural arts of Japan. Students will learn the basic techniques that will enable them to create this floral art anytime and any where with any available materials and be familiarized with the concepts of lines, space, balance, movement and harmony. Min 5/Max 10

South Bellevue Community Center
\$96(R) \$120(N) Age: 18Y and up
Supply fee- \$63 paid to instructor at the first class.

54394 10am-12pm Wed Jan 12-Feb 16
54395 10am-12pm Wed Mar 02-Apr 06

North Bellevue Community Center
\$80(R) \$100(N) Age: 18Y and up
Supply list available prior to class.

55536 10am-12pm Thu Jan 13-Feb 10
56359 10am-12pm Thu Feb 17-Mar 17

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. This is a specialized program for adults and adults with disabilities. Materials included. Min 8/Max 10

Northwest Arts Center
\$180(R) \$214(N) Age: 18Y and up
54648 10-11:30am Thu Jan 06-Feb 24
54649 10-11:30am Thu Mar 10-Apr 28

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class for adults and adults with disabilities. Min 8/Max 10

Northwest Arts Center
\$180(R) \$214(N) Age: 18Y and up
54643 1-3pm Thu Jan 06-Feb 24
54644 1-3pm Thu Mar 10-Apr 28

ART IN NATURE EXHIBITS

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Daily

10am - 4pm

WHERE: Mercer Slough Environmental Education Center
Visitor Center

COST: Free

CONVERSATION AND CRAFTS

Bring your own supplies and creative ideas! Proceeds benefit the North Bellevue Senior Advisory Board. Min 1/Max 20

North Bellevue Community Center
FREE Age: 18Y and up
54523 10am-2pm Mon Jan 10-Apr 25

KNITTING - RED CROSS KNITTING GROUP

Join this group of Red Cross volunteers who knit items to donate to local hospitals and Eastside Baby Corner. Min 6/Max 20

North Bellevue Community Center
FREE Age: 18Y and up
55881 11am-3pm Wed Jan 12-Dec 21

WIRE CHAIN & BEAD JEWELRY WORKSHOP

Using jump rings and a few basic tools, both novices and experienced jewelry makers will appreciate the ingenious yet simple techniques to fashion silver, gold, brass and copper into stunning bracelets, necklaces, earrings and more. Each new student will make an enduring cross linked chain bracelet in silver and gold. Repeat students may bring or order beads to incorporate into their work. Tools are provided. New students please bring a \$32 materials fee to class. Min 2/Max 6

North Bellevue Community Center
\$16(R) \$19(N) Age: 18Y and up
54191 9am-12pm Fri Jan 14
54192 6-9pm Wed Feb 09
54193 9am-12pm Fri Mar 11
54194 6-9pm Wed Apr 20

Art & Craft Programs for Families, Youth, & Teens

PRESCHOOL ART WITH BETH

In this class your preschooler will gain confidence as an artist by exploring different mediums such as paint, water color, clay, markers, and pencils. This class is all about exploration and creativity so dress to get messy! Min 4/Max 8

Crossroads Community Center
\$73(R) \$88(N) Age: 3Y - 4Y
53697 3-3:45pm Wed Jan 19-Feb 16
53698 3-3:45pm Wed Mar 02-30

ART FOR KIDS SCHOOL

Kids will get to create and complete several finished projects in this course. Art for Kids School is a fine art, multi-media program that allows children to explore that creativity using different techniques in a supportive program that reinforces self-esteem. All supplies are furnished and they include a pen and ink, charcoal, soft and oil pastels, and acrylics. Dress for mess! To learn more, visit www.artforkidsschool.com Min 10/

Max 15
Northwest Arts Center
\$130(R) \$156(N) Age: 5Y - 8Y
56436 10-11am Sat Jan 29-Mar 26
56437 10-11am Sat Apr 16-Jun 11
\$130(R) \$156(N) Age: 9Y - 12Y
56438 11:15am-12:15pm Sat Jan 29-Mar 26
56439 11:15am-12:15pm Sat Apr 16-Jun 11

ART-DRAWING & PAINTING: REGGIO EMILIA METHOD

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included.

Instructor: Emmett McLaughlin Min 8/Max 12
Northwest Arts Center
\$155(N) \$179(N) Age: 6Y - 11Y
56350 4-5:30pm Thu Jan 27-Mar 24
56351 4-5:30pm Thu Apr 14-Jun 09

KIDS DRAWING AND PAINTING WITH BETH

In this class your child will gain confidence as an artist while improving drawing and painting skills. Students will draw and paint cartoons, landscapes, portraits, architecture, and more! Min 5/Max 10

Crossroads Community Center

\$115(R) \$138(N) Age: 5Y - 8Y
53691 4-5pm Wed Jan 19-Feb 16
53696 4-5pm Wed Mar 02-30

COMICS AND CARTOONING

Improve your drawing and storytelling abilities as you explore the medium of comics and cartoons! Learn about character creation, simple animation, expressions and body language, layout and composition, basic perspective, and more. Class exercises are designed for artists of all levels of experience and ability. Class culminates with each student completing an individual comic story, from rough pencils to a finished, inked piece. Min 6/Max 15

Crossroads Community Center

\$156(R) \$187(N) Age: 9Y - 14Y
53735 9:30-11:30am Sat Jan 22-Feb 26

ART - CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, the young potter will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 8/Max 12

Northwest Arts Center

\$170(R) \$204(N) Age: 6Y - 11Y
53706 4-5:30pm Thu Feb 03-Mar 31
53707 4-5:30pm Thu Apr 28-Jun 23

SCULPTURE, DRAWING, CLAY, AND MORE WITH BETH

In this class your child will spend each day creating an original piece of art work. Students will improve their drawing and painting skills, explore sculpture with paper mache and clay, and much more! Min 5/Max 10

Crossroads Community Center

\$115(R) \$138(N) Age: 9Y - 14Y
53699 5:15-6:15pm Wed Jan 19-Feb 16
53700 5:15-6:15pm Wed Mar 02-30



Health & Wellness Programs

ENHANCEFITNESS

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you belong to Group Health Medicare, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. Min 10/Max 30

North Bellevue Community Center

\$33(R) \$40(N) Age: 55Y and up
52285 9-10am Tue, Thu-Fri Dec 17-Jan 28
54918 9-10am Tue, Thu-Fri Feb 01-Mar 04
54919 9-10am Tue, Thu-Fri Mar 08-Apr 08
54920 9-10am Tue, Thu-Fri Apr 12-May 13

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults. 30 minute session - \$35, 60 minute session - \$70. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Appointments are available the first Monday of each month.

North Bellevue Community Center

HEALTH - FOOTCARE

Chris Egan, RN will trim toe nails by appointment 2nd and 4th Wednesday each month and also the 2nd Tuesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment.

REFLEXOLOGY - NB

Feel better and more healthy with this unique therapy that is "more than a foot massage." 25 min \$32(R)/\$38(N) and 55 min \$63(R)/\$75(N). 1st & 3rd Tuesdays at North Bellevue Community Center (425-452-7681) Call for appointment availability.

FITNESS - STRONG AND FIT SENIORS/ADULTS

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 16

South Bellevue Community Center

\$55(R) \$66(N) Age: 18Y and up
53977 10:15-11:15am Mon, Wed Jan 03-31
53978 10:15-11:15am Wed, Mon Feb 02-28
53979 10:15-11:15am Wed, Mon Mar 02-30
53980 10:15-11:15am Mon, Wed Apr 04-27

HEALTH - THE AGING EYE

Around the age of 50 most people become aware of changes in their vision. Older eyes are at greater risk for problems from minor irritations to cataracts to macular degeneration to glaucoma. An Overlake Ophthalmologist will review what normal changes are and identify signs of problems. Min 5/Max 20

North Bellevue Community Center

\$7(R) \$8(N) Age: 18Y and up
54592 1-2:30pm Mon Jan 24



Belly Dancing

TAKE A STAND AGAINST STROKES

Strokes are the third leading cause of death in the United States however there have been significant advances in treatment approaches. Overlake Hospital Stroke Coordinator will discuss the risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke. Min 6/Max 50

North Bellevue Community Center
\$7(R) \$8(N) Age: 18Y and up
54593 1-2:30pm Mon Feb 28

REDUCING THE RISK/AVOIDING THE FALL

Over 30,000 Americans over the age of 65 each week are seriously injured in a fall with over 20-30% of those experiencing a debilitating injury they will deal with the rest of their life or develop a fear of falling. The fear can cause people to limit their activity level, which in turn reduces their mobility and leads to an even increased risk of falls. Overlake Outpatient Services will discuss what can be done to avoid falling situations and review some simple exercises. Min 6/Max 20

North Bellevue Community Center
\$7(R) \$8(N) Age: 18Y and up
54821 1-2:30pm Mon Mar 28

KEEPING YOUR MEMORY FIT

Where did I put my keys? What was I going to get at the store? These are questions that can be heard on a daily basis from seniors. The best way to keep your memory working well is to actively use it and to stay healthy. Various tips and daily exercises will be reviewed to give your brain a daily aerobic workout. Min 6/Max 20

North Bellevue Community Center
\$7(R) \$8(N) All Ages
54822 1-2:30pm Mon Apr 25

BELLY DANCING: THE FUNDAMENTALS

Belly dancing is a wonderful bonding experience that welcomes women & children ages 6+ to feel empowered, fit, and to really love their bodies! Aleili has been inspiring thousands of students for over 40 years to learn how to isolate muscles, strengthen bellies, improve posture, & build confidence. Each 6 week session will focus on a drum rhythm or mood, its meaning for the dancer, finger cymbal patterns, the appropriate footwork, particular movements & expressions. This all-level class encourages each student to develop their skills at their own rate and to learn from dancers with more advanced abilities. Bring something to tie around your hips and finger cymbals if you have them. A Flex Card is available for this class. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 5/Max 35

South Bellevue Community Center
\$63(R) \$76(N) Age: 6Y and up
54004 5:30- 6:20pm Wed Jan 05-Feb 09
54005 5:30- 6:20pm Wed Feb 16-Mar 30
54006 5:30- 6:20pm Wed Apr 13-May 18

BELLY DANCING COMBINED

For the student that meets the qualifications of the Intermediate Level, get a discount by taking both the Fundamentals and Intermediate classes. You will continue to practice & deepen your Fundamental Skills in dance technique & finger cymbals while learning how to develop more of your own personal solo expressions & work with group choreographies. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 3/Max 20

South Bellevue Community Center
\$107(R) \$128(N) Age: 6Y and up
54042 5:30- 7:20pm Wed Jan 05-Feb 09
54043 5:30- 7:20pm Wed Feb 16-Mar 30
54044 5:30- 7:20pm Wed Apr 13-May 18

BELLY DANCING INTERMEDIATE

This class is perfect for the dancer who has learned at least a minimum of three different drum rhythms, dance expressions and finger cymbal patterns from the Fundamentals Belly Dancing class & feels ready to develop solo performances, group choreographies, & receive personal critiques. Drills, advanced layering techniques, finger cymbals, solo performances, props & costumes will be required. By summer, the class will have an opportunity to perform at local festivals & parades. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 3/Max 20

South Bellevue Community Center
\$76(R) \$90(N) Age: 6Y and up
54035 6:30- 7:20pm Wed Jan 05-Feb 09
54036 6:30- 7:20pm Wed Feb 16-Mar 30
54037 6:30- 7:20pm Wed Apr 13-May 18

BELLY DANCING - VEILS OF THE NILE

Aleili's advanced Performance Dance Company. Instructor permission required. Fee includes required attendance for the Fundamentals & Intermediate classes. Consistent attendance, costumes, props, group & solo performances required. A desire for advanced development, personal critiques & group participation is essential to a successful dance company. To register after a session has started, call South Bellevue Community Center (425) 452-4240. Min 5/Max 15

South Bellevue Community Center
\$123(R) \$147(N) Age: 18Y and up
54050 5:30- 8:50pm Wed Jan 05-Feb 09
54051 5:30- 8:50pm Wed Feb 16-Mar 30
54052 5:30- 8:50pm Wed Apr 13-May 18

BELLY DANCE VEILS OF THE NILE LIMITED

Instructor permission required. Limited Performance. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 1/Max 10

South Bellevue Community Center
\$107(R) \$128(N) Age: 18Y and up
54595 7:30- 8:50pm Wed Jan 05-Feb 09
54596 7:30- 8:50pm Wed Feb 16-Mar 30
54597 7:30- 8:50pm Wed Apr 13-May 18

HAPPY 5TH BIRTHDAY SOUTH BELLEVUE COMMUNITY CENTER

Start the New Year off in a fit & healthy way by participating in free classes, demo's and give-a-ways the weeks of Jan 5th to 21st. Join us in celebrating our 5th year anniversary as well as get a great start on a healthy 2011 for you and your family. Check the SBCC website for a listing of free events or call SBCC at 425-452-4240.

Get Fit and Get Healthy

BOOT CAMP WITH KARIE

In its fourth year, this fun and action packed boot camp class will get you in shape, tone your muscles, and burn calories. This class consists of cardio drills, stair climbing, and strength and circuit training followed by Pilates based core work and Yoga stretch. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session call the South Bellevue Community Center at (425) 452-4240. M/W class 8:45am. T/TH class 9:15am. Min 8/Max 25

South Bellevue Community Center

\$134(R) \$160(N) Age: 13Y and up
53957 8:45-9:45am Mon, Wed Jan 03-27
9:15-10:15am Tue, Thu

\$84(R) \$100(N) Age: 13Y and up
53965 9:15-10:15am Tue, Thu Jan 04-27

\$42(R) \$50(N) Age: 13Y and up
53969 9:15-10:15am Tue Jan 04-25

\$63(R) \$75(N) Age: 13Y and up
53961 8:45-9:45am Mon, Wed Jan 10-31

\$107(R) \$127.50(N) Age: 13Y and up
53958 8:45-9:45am Mon, Wed Feb 07-Mar 03
9:15-10:15am Tue, Thu

\$63(R) \$75(N) Age: 13Y and up
53962 8:45-9:45am Mon, Wed Feb 07-Mar 02
53966 9:15-10:15am Tue, Thu Feb 08-Mar 03

\$31.50(R) \$37.50(N) Age: 13Y and up
53970 9:15-10:15am Tue Feb 08-Mar 01

\$142.50(R) \$170(N) Age: 13Y and up
53959 8:45-9:45am Mon, Wed Mar 07-31
9:15-10:15am Tue, Thu

\$84(R) \$100(N) Age: 13Y and up
53963 8:45-9:45am Mon, Wed Mar 07-30
53967 9:15-10:15am Tue, Thu Mar 08-31

\$42(R) \$50(N) Age: 13Y and up
53971 9:15-10:15am Tue Mar 08-29

\$107(R) \$127.50(N) Age: 13Y and up
53960 8:45-9:45am Mon, Wed Apr 11-28
9:15-10:15am Tue, Thu

\$63(R) \$75(N) Age: 13Y and up
53964 8:45-9:45am Mon, Wed Apr 11-27
53968 9:15-10:15am Tue, Thu Apr 12-28

\$31.50(R) \$37.50(N) Age: 13Y and up
53972 9:15-10:15am Tue Apr 12-26

HOOPNOTICA HOOP DANCE

Learn the core moves of hoop dance that will allow you to build a solid foundation to dance from. Strengthen your entire body, tone your abdominals, back, arms, hips, and glutes; all while increasing balance, flexibility, and cardio fitness in a FUN skill building format. Min 5/Max 10 South Bellevue Community Center

\$72(R) \$86(N) Age: 16Y and up
54057 7-8pm Wed Jan 05-Feb 09
54058 7-8pm Wed Feb 16-Mar 30

FIT CAMP TOTAL BODY CONDITIONING

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, body-weight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! We will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 20

South Bellevue Community Center

\$70(R) \$84(N) Age: 16Y and up
53798 6-7pm Mon, Wed Jan 03-31
53799 6-7am Mon, Wed Jan 03-31
53800 6-7am Wed, Mon Feb 02-23
53803 6-7pm Wed, Mon Feb 02-23
53801 6-7am Wed, Mon Mar 02-30
53805 6-7pm Wed, Mon Mar 02-30
53802 6-7am Mon, Wed Apr 04-27
53807 6-7pm Mon, Wed Apr 04-27

\$35(R) \$42(N) Age: 16Y and up
53836 6-7am Fri Jan 07-28
53819 6-7am Fri Feb 04-25
53824 6-7am Fri Mar 04-25

\$44(R) \$52.50(N) Age: 16Y and up
53975 6-7am Fri Apr 01-29

ZUMBA LATIN FITNESS DANCE

ZUMBA has become one of the fastest-growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Achieve long-term health benefits, burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and water. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Mon. evening class is at 7:15pm. Wed. evening class is at 6pm. Min 10/Max 20

South Bellevue Community Center

\$45(R) \$54(N) Age: 12Y and up
54011 7:15-8:15pm Mon Jan 10-Feb 28
54015 10-11am Mon Jan 10-Feb 28
54019 6-7pm Wed Jan 12-Feb 16
54023 10-11am Wed Jan 12-Feb 16

\$84(R) \$100(N) Age: 12Y and up
54027 10-11am Mon, Wed Jan 10-Feb 28
54031 7:15-8:15pm Mon Jan 10-Feb 28
6-7pm Wed

\$60(R) \$72(N) Age: 12Y and up
54020 6-7pm Wed Mar 02-Apr 27
54024 10-11am Wed Mar 02-Apr 27

\$105(R) \$126(N) Age: 12Y and up
54028 10-11am Wed, Mon Mar 02-Apr 27
54032 7:15-8:15pm Mon Mar 02-Apr 27
6-7pm Wed

\$52.50(R) \$63(N) Age: 12Y and up
54012 7:15-8:15pm Mon Mar 07-Apr 25
54016 10-11am Mon Mar 07-Apr 25

PILATES

This instructional class focuses on breathing technique, correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome. A Flex Card is available for this class. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 15

South Bellevue Community Center

\$77(R) \$93(N) Age: 13Y and up
53845 10-11am Tue Jan 04-Feb 15
53844 10-11am Fri Jan 07-Feb 18

\$88(R) \$105(N) Age: 13Y and up
53846 10-11am Tue Mar 01-Apr 26
53847 10-11am Fri Mar 04-Apr 29

INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Mon. evening class 6-7pm. Wed. evening class 7:15-8:15pm. Min 3/Max 7

South Bellevue Community Center

\$59.50(R) \$71.50(N) Age: 13Y and up
54059 6:15-7:15am Mon Jan 03-Feb 28
54112 6-7pm Mon Jan 03-Feb 28
54114 6:15-7:15am Mon Mar 07-Apr 25

\$109(R) \$130(N) Age: 13Y and up
54072 6:15-7:15am Mon, Wed Jan 03-Feb 28
54084 6-7pm Mon Jan 03-Feb 28
7:15-8:15pm Wed
54122 6:15-7:15am Wed, Mon Mar 02-Apr 27
54123 6-7pm Mon Mar 02-Apr 27
7:15-8:15pm Wed

\$68(R) \$81.50(N) Age: 13Y and up
54061 7:15-8:15pm Wed Jan 05-Feb 23
54120 6:15-7:15am Wed Jan 05-Feb 23
54060 6-7pm Mon Mar 07-Apr 25

\$76.50(R) \$92(N) Age: 13Y and up
54062 7:15-8:15pm Wed Mar 02-Apr 27
54121 6:15-7:15am Wed Mar 02-Apr 27



Yoga

GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 7/Max 30

North Bellevue Community Center

\$30(R) \$36(N)	Age: 18Y and up			
54943	10:30-11:30am	Mon	Jan 10-Feb 07	
54942	10:30-11:30am	Thu	Jan 13-Feb 03	
54946	10:30-11:30am	Thu	Feb 10-Mar 03	
54949	10:30-11:30am	Mon	Feb 14-Mar 14	
54947	10:30-11:30am	Thu	Mar 10-31	
54951	10:30-11:30am	Mon	Apr 04-25	
54948	10:30-11:30am	Thu	Apr 07-28	
\$15(R) \$18(N)	Age: 18Y and up			
54950	10:30-11:30am	Mon	Mar 21-28	

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 10

North Bellevue Community Center

\$13(R) \$15(N)	Age: 50Y and up			
55974	10-11am	Mon	Jan 10-Feb 28	
55982	10-11am	Mon	Mar 07-Apr 11	
55983	10-11am	Mon	Apr 18-May 23	

PURNA YOGA CLASSES

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The All Levels classes welcome beginning and experienced students. Students should bring a yoga mat to class. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 30

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up			
53921	9:30-10:45am	Tue	Jan 04-Feb 01	
53924	7:15- 8:30pm	Tue	Jan 04-Feb 01	
53927	7:15- 8:30pm	Thu	Jan 06-Feb 03	
53930	10:15-11:30am	Sun	Jan 09-Feb 06	
53922	9:30-10:45am	Tue	Feb 08-Mar 15	
53925	7:15- 8:30pm	Tue	Feb 08-Mar 15	
53928	7:15- 8:30pm	Thu	Feb 10-Mar 17	
53931	10:15-11:30am	Sun	Feb 13-Mar 13	
53932	10:15-11:30am	Sun	Mar 20-Apr 17	
53923	9:30-10:45am	Tue	Mar 22-Apr 26	
53926	7:15- 8:30pm	Tue	Mar 22-Apr 26	
53929	7:15- 8:30pm	Thu	Mar 24-Apr 28	

HATHA YOGA

Join Maude Pauletto for a gentle approach to increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Instructor: Maude Pauletto Min 8/Max 20

Northwest Arts Center

\$75(R) \$90(N)	Age: 18Y and up			
53714	3:30- 4:30pm	Tue	Jan 04-Feb 15	
\$143(R) \$170(N)	Age: 18Y and up			
53718	3:30- 4:30pm	Tue, Thu	Jan 04-Feb 17	
\$63(R) \$76(N)	Age: 18Y and up			
53715	3:30- 4:30pm	Thu	Jan 06-Feb 17	
\$52(R) \$62(N)	Age: 18Y and up			
53716	3:30- 4:30pm	Tue	Mar 01-22	
53717	3:30- 4:30pm	Thu	Mar 03-24	
53720	3:30- 4:30pm	Tue	Apr 05-26	
53721	3:30- 4:30pm	Thu	Apr 07-28	
\$104(R) \$124(N)	Age: 18Y and up			
53719	3:30- 4:30pm	Tue, Thu	Mar 01-24	
53724	3:30- 4:30pm	Tue, Thu	Apr 05-28	

IYENGAR YOGA SATURDAY WORKSHOPS

Take time for yourself to get in touch with your body and recharge your energy in these once-a-month Iyengar Yoga Saturday morning workshops. No yoga experience required. Props needed: sticky mat, blanket, block, and strap. Min 8/Max 25

Northwest Arts Center

\$30(R) \$36(N)	Age: 18Y and up
Register for all 4: \$90(R) \$108(N)	

Tune-Up Your Body!

Stretch out the legs, hips, back, neck and shoulders.

56427	10:30am-12:30pm	Sat	Jan 15
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The Foundation of Poses

Stretch and strengthen the legs and hips in a variety of standing, seated, and reclining poses.

56428	10:30am-12:30pm	Sat	Feb 12
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Abdominals!

Learn to use your abdominals to support your lower back and sculpting your six pack.

56429	10:30am-12:30pm	Sat	Mar 19
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The Upper Body!

Stretch and strengthen the upper back, neck, shoulders, and arms.

56430	10:30am-12:30pm	Sat	Apr 16
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IYENGAR YOGA

Iyengar Yoga emphasizes form and technique through postural alignment for safety and the performance of poses. Clarity of instruction highlights the physical actions required to achieve a specific reaction in each pose and through sequencing of poses within a class and within the session. Poses are introduced to the student in a structured manner. Min 8/Max 25

Northwest Arts Center

\$84(R) \$101(N)	Age: 18Y and up
Multi-class discounts available	

Dynamic Iyengar Yoga

Best for seasoned students

56214	11am-12:30pm	Mon	Jan 03-Feb 14
56218	11am-12:30pm	Mon	Feb 21-Mar 28
56240	11am-12:30pm	Mon	Apr 04-May 16

Iyengar Yoga Fundamentals

Best for beginners and seasoned students

56208	11am-12:30pm	Wed	Jan 05-Feb 09
56210	7:45- 9:15pm	Wed	Jan 05-Feb 09
56209	11am-12:30pm	Wed	Feb 23-Mar 30
56211	7:45- 9:15pm	Wed	Feb 23-Mar 30
56241	11am-12:30pm	Wed	Apr 06-May 18
56242	7:45- 9:15pm	Wed	Apr 06-May 18

Gentle Iyengar Yoga

Best for those needing adaptations of poses.

56212	11am-12:30pm	Fri	Jan 07-Feb 11
56213	11am-12:30pm	Fri	Feb 25-Apr 01
56265	11am-12:30pm	Fri	Apr 08-May 20



Martial Arts

FENCING - BEGINNING

Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics. An invigorating Olympic sport for mind and body. Hosted by the Washington Fencing Academy (www.washingtonfencing.com). Bring sport shoes, water bottle, and sweatpants (no jeans). One time \$25 book fee and \$35 equipment rental fee per session payable to instructor first day of class. Participants can join this class prior to the third class of the session by calling South Bellevue Community Center (425) 452-4240. Min 8/Max 24

South Bellevue Community Center

\$125(R) \$150(N) Age: 8Y and up
53779 6:30-7:30pm Thu Jan 06-Feb 24
53780 6:30-7:30pm Thu Mar 03-Apr 28

FENCING - INTERMEDIATE/ PRE-COMPETITION

A continuation of the beginner class for students who have completed the beginner class and are ready to advance. See the Fencing - Beginner class description for details and equipment rental fee information. Min 8/Max 24

South Bellevue Community Center

\$125(R) \$150(N) Age: 8Y and up
53790 7:45-8:45pm Thu Jan 06-Feb 24
53791 7:45-8:45pm Thu Mar 03-Apr 28

NAGINATA

This Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called kata. Beginners welcome! Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 15

Northwest Arts Center

\$108(R) \$128(N) Age: 13Y and up
53991 7:45-9:45pm Tue Jan 04-Mar 22
53989 7:45-9:45pm Thu Jan 06-Mar 24
53993 7:45-9:45pm Tue Apr 05-Jun 28
53990 7:45-9:45pm Thu Apr 07-Jun 30

\$135(R) \$155(N) Age: 13Y and up
53992 7:45-9:45pm Tue, Thu Jan 04-Mar 24
53994 7:45-9:45pm Tue, Thu Apr 05-Jun 30

CHITO-RYU KARATE-DO

Chito-ryu is a traditional Japanese martial art. This class emphasizes general fitness training, practice and understanding of 'kata', the dancelike forms that have been called 'zen in motion', and safe practice of sparring and self defense applications. This is a mixed class, beginner to advanced, for adults of all ages and children ages 10 years and up. For more information, see www.seattlechitoryu.com or call 206-909-3073. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 10

South Bellevue Community Center

\$55(R) \$66(N) Age: 10Y and up
56059 6:15-7:30pm Tue, Fri Jan 04-28
56067 6:15-7:30pm Tue, Fri Feb 01-25
56068 6:15-7:30pm Tue, Fri Mar 01-29
56069 6:15-7:30pm Tue, Fri Apr 05-29

YANG STYLE TAI CHI BEGINNER

Learn this simplified 16 movements Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$54(R) \$65(N) Age: 18Y and up
53784 9:15-10:15am Sat Jan 22-Mar 05
53785 9:15-10:15am Sat Mar 12-Apr 23

YANG STYLE TAI CHI INTERMEDIATE/ ADVANCED

This class practices the Yang style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$54(R) \$65(N) Age: 18Y and up
53838 10:20-11:30am Sat Jan 22-Mar 05
53839 10:20-11:30am Sat Mar 12-Apr 23

FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

TAI CHI PRACTICE

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise your whole body. Come join us and feel good! Min 5/Max 30

North Bellevue Community Center

FREE Age: 18Y and up
55984 9:30-10:30am Wed Jan 12-Dec 21

South Bellevue Community Center

FREE Age: 60Y and up
54373 12-1pm Thu Jan 06-Apr 28

TAI CHI QIGONG

A traditional Chinese combination of flowing and stretching exercises. A vital energy exercise, which balances energy, relaxes the body, and relieves stress. This course is drop-in only. \$11/day Resident & \$13/day Non-Resident. Taught By Dr. X. Z. Wang, a Tai Chi Master. Min 10/Max 50

North Bellevue Community Center

\$11(R) \$13(N) Age: 18Y and up
54225 9-10am Sat Jan 15-Apr 30

TAI-CHI CHUAN SWORD PLAY

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Sword-play. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantees plenty of instructional assistance and is appropriate for all abilities. A chinese method of a non-impact series of flowing and stretching exercises. Excellent for toning up the body, good health, and long life. Min 8/Max 20 Min 8/Max 20

South Bellevue Community Center

\$56(R) \$67(N) Age: 16Y and up
56528 7:15-8:45pm Thu Jan 06-Feb 03
56525 7:15-8:45pm Mon Jan 10-Feb 14
56529 7:15-8:45pm Thu Feb 10-Mar 10
56526 7:15-8:45pm Mon Feb 28-Mar 28
56530 7:15-8:45pm Thu Mar 17-Apr 14
56527 7:15-8:45pm Mon Apr 04-May 02
56531 7:15-8:45pm Thu Apr 21-May 19



HAPKIDO - BEGINNING CHILD

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing. Min 10/Max 30

Highland Community Center

\$45(R) \$54(N)	Age: 6Y - 12Y
56497 5-5:50pm	Mon, Wed Jan 03-31
56498 5-5:50pm	Wed, Mon Feb 02-28
56499 5-5:50pm	Wed, Mon Mar 02-30
56500 5-5:45pm	Mon, Wed Apr 04-27

HAPKIDO - INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Instructor permission required to attend. Min 10/Max 30

Highland Community Center

\$45(R) \$54(N)	Age: 13Y and up
56511 5:30-6:55pm	Mon, Wed Jan 03-31
56512 5:30-6:55pm	Wed, Mon Feb 02-28
56513 5:30-6:55pm	Wed, Mon Mar 02-30
56514 5:30-6:55pm	Mon, Wed Apr 04-27

BEGINNING KENDO

Kendo is coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Min 12/Max 25

Highland Community Center

\$53(R) \$64(N)	Age: 8Y and up
56486 6:30-8pm	Fri Jan 07-Mar 18

INTERMEDIATE KENDO

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. Prerequisite of beginning Kendo class or equivalent. Min 12/Max 25

Highland Community Center

\$53(R) \$64(N)	Age: 8Y and up
56489 6:30-8pm	Fri Jan 07-Mar 18

ADVANCED KENDO

Advanced kendo is for those students who have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo. Min 12/Max 60

Highland Community Center

\$53(R) \$64(N)	Age: 8Y and up
56493 7:30-9:30pm	Fri Jan 07-Mar 18

MINI KICKERS-TAE KWON DO

This class teaches basic kicks and strikes to young children in an active, fun and positive environment. Min 8/Max 12

\$55(R) \$66(N)

Age: 3Y - 5Y

Northwest Arts Center

56206 12:30-1:15pm	Wed Jan 26-Mar 23
56207 12:30-1:15pm	Wed Apr 13-Jun 08

TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 10/Max 30

South Bellevue Community Center

\$53(R) \$63(N)	Age: 6Y and up
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53861 5-5:50pm	Tue, Thu Jan 04-27
53862 6-6:50pm	Tue, Thu Jan 04-27
53863 4-4:50pm	Tue, Thu Jan 04-27
53864 6-6:50pm	Tue, Thu Feb 01-24
53865 5-5:50pm	Tue, Thu Feb 01-24
53867 4-4:50pm	Tue, Thu Feb 01-24
53866 6-6:50pm	Tue, Thu Mar 01-31
53868 4-4:50pm	Tue, Thu Mar 01-31
53871 5-5:50pm	Tue, Thu Mar 01-31
53869 4-4:50pm	Tue, Thu Apr 05-28
53872 6-6:50pm	Tue, Thu Apr 05-28
53874 5-5:50pm	Tue, Thu Apr 05-28

@ Northwest Arts Center

This class teaches non-contact (traditional) Taekwondo and focuses on five tenets: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit, in class and daily life. Increases your confidence, flexibility, balance, strength and is a great activity for the whole family. Wear comfortable clothing to start. Uniforms are available through instructor. Min 10/Max 15

Northwest Arts Center

\$92(R) \$107(N)	Age: 6Y and up
56197 1:30-2:30pm	Wed Jan 26-Mar 30

\$80(R) \$90(N)	Age: 6Y and up
56198 1:30-2:30pm	Wed Apr 13-Jun 15

ONE-ON-ONE PROFESSIONAL FITNESS AND WELLNESS SERVICES AT SOUTH BELLEVUE COMMUNITY CENTER

Appointments can be scheduled at the Front Desk in person or by calling 425-452-4240.

Take advantage of one of the many services at South Bellevue Community Center for health education or enhancement. Health History Questionnaire Packets must be completed prior to Personal Trainer and Fitness Testing Appointments and a Physician's Consent may be required for these services based upon age and health history.

Youth ages 13-17 may participate in these services with a waiver signed and parent/guardian present. Adult need not be present after initial personal trainer appointment.

Fitness Assessments

A Fitness Assessment is a great way to find your current fitness level to use as a marker for later progress. Appointments are 45 minutes in length, conducted by Certified Personal Trainers and include: heart rate, blood pressure, body composition using calipers, muscular strength and flexibility, and aerobic endurance on a treadmill. The cost is \$30 and includes a computer print-out showing and explaining your results. A Health History Questionnaire must be completed prior to your appointment.

Body Composition Analysis

Learn what percent of your weight is body fat and what percent is lean body mass with this body fat caliper test. Body fat is "pinched" at three sites and a computer program calculates your ideal body weight based upon your lean body mass rather than your height. The cost is \$15.

Personal Training

Personal training is revolutionizing the way people look, move and feel. It is a major part of preventative medicine and improving quality of life.

Our nationally-certified trainers will:

- Help you set up realistic goals.
- Create an individualized program set up to your specific needs, goals, and lifestyle.
- Screen for muscular imbalances and weaknesses.
- Teach you to maximize your cardio program to save you from wasting time.
- Teach you how to control portion sizes and create a healthy lifestyle change in the way you eat.
- Teach you how to properly use resistance training to achieve your goals and enhance your body's performance!

Be prepared to sweat, work hard and have fun while learning the proper way fitness can help you!

Session rates:

30 minutes - \$30 for 1 person
55 minutes - \$50 for 1 person, \$75 for 2 people, \$95 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email mike@athleticagilitynow.com or call Mike (206) 369-9388.

Youth Privileges @ the South Bellevue Community Fitness Center

SBCC welcomes 10-12yr olds to exercise in the Fitness Center. Students may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation. For further questions please call 425-452-4240.



SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



The Fitness Center at South Bellevue Community Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit. Call 425-452-4240 for Fitness Center orientation days and times. 10-12 year old youth may use the cardio equipment only. Contact South Bellevue Community Center at 425-452-4240 for policies and procedures related to use.

Included in our Fitness Center fees: Gymnasium (scheduled drop-in sports including basketball, walking, volleyball, pickleball and badminton), Fitness Center (cardio/weights), locker rooms, assistance from staff, and orientation.

Fitness Center Fees

effective January 1, 2011

Individuals Type of Admission	Adult (age 18+)		Teens (age 10-17)	
	Resident	Non-Res.	Resident	Non-Res.
Daily Drop-In	\$5.50	\$7	\$3.50	\$4
Pass Card (20 visits)	\$77	\$93	\$44	\$53
Three Month Pass	\$100	\$120	\$60	\$72
Annual Pass (at ePass rate)	\$315	\$378	\$190	\$228
ePass* (on-going monthly)	\$26	\$31	\$16	\$19

* ePass available with electronic fund transfer (EFT) from bank account or credit card only. Six-month minimum commitment required.

Household

Two adults living in the same household and all children, ages 10-20 living in the household. One additional adult @ \$13 per month. Household pass available only as an ePass (see ePass note above) or as an Annual pass at ePass rate.

	Resident	Non-Resident
Two Adult (no children)	\$39	\$47
Single Adult Household (with children ages 10-20)	\$34	\$41
Two Adult Household (with children ages 10-20)	\$47	\$57

Bellevue Fire Department Training Programs

BELLEVUE FIRE DEPARTMENT EMERGENCY PREPAREDNESS PROGRAMS

For more information, please contact Vernon Owens, Emergency Preparedness Coordinator at 425-452-6033 or vowens@bellevuewa.gov

EMERGENCY RESPONSE TRAINING

The objective is to engage residents, businesses and non-profit organizations to discuss issues concerning emergencies and disasters in the City of Bellevue.

The 'Table Top' emergency response discussion will focus on aspects of the local emergency response efforts and explain the community's roles and responsibilities to prepare for, respond to, and recover from any emergency or disaster. The discussion will be guided by a facilitator and its purpose is to solve problems and answer questions as a community. Min 20/Max 60
FREE

Age: 18Y and up
North Bellevue Community Center
56356 7-9pm Thu Feb 03
Crossroads Community Center
56357 6-8pm Thu Apr 14



The Bellevue Fire Department offers citizen CPR classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

Business Group Classes for groups of 6 or more are available at your location. For more information or to schedule a group class for your business please call 425-452-7673.

BLS FOR HEALTHCARE PROVIDER

This class is for the Healthcare Provider and is offered every other month. Written exam/skills test required for course completion card. The course is 6 hours in length. Pre-requisite: current Heartsaver CPR or Heartsaver AED card required. For details please call 425-452-7673 Min 3/Max 6
Fire Station #1

\$65 Age: 18Y and up
54855 9am-3pm Wed Feb 09

INFANT CPR

The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. Private Business classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10

Fire Station #1
\$35 Age: 14Y and up
54849 7-10pm Thu Jan 27
54850 7-10pm Thu Mar 24

Bellevue Fire Department CPR Training Programs

CPR TRAINING FOR ADULTS/CHILDREN

The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR curriculum. The Adult/Child course teaches warning signs of heart attack and stroke, CPR and Choking intervention for victims ages 1 through adult. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. Private group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10
Fire Station #1

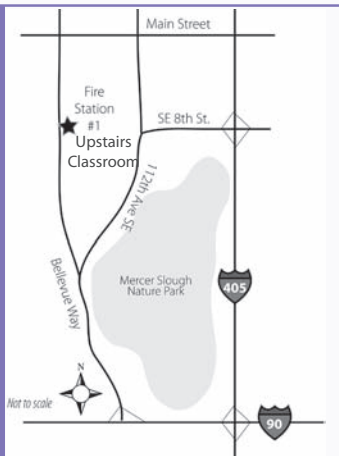
\$35			Age: 14Y and up
54824	7-10pm	Thu	Jan 06
54825	7-10pm	Tue	Jan 18
54826	7-10pm	Thu	Feb 03
54827	7-10pm	Tue	Feb 15
54828	7-10pm	Thu	Mar 03
54829	7-10pm	Tue	Mar 15
54830	7-10pm	Thu	Apr 07
54831	7-10pm	Tue	Apr 19

HEARTSAVER AED (AUTOMATED EXTERNAL DEFIBRILLATOR) CLASS

This class is taught as part of the Adult/Child CPR course and includes the use of an Automatic External Defibrillator as part of the training. Skills test required for course completion card. Classes scheduled for businesses and Citizens as required. Please call 452-452-7673 for more details
Min 4/Max 8

Fire Station #1
\$50 Age: 14Y and up
54864 6-10pm Wed Mar 30

CPR Classes • Fire Station #1
766 Bellevue Way SE



jazzercise®

Jazzercise is the world's leading dance-fitness program. Millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. Easy to follow, fun choreography includes a gentle warm up, 30 min aerobic workout, muscle toning and strength segment with hand held weights and a stretch finale. All Jazzercise classes are ongoing, participants can join anytime at the door of each class.

The Jazzercise program is available at the following locations:

HIGHLAND COMMUNITY CENTER | 14224 BEL-RED ROAD • 425-452-7686

Jazzercise • Jazzercise Personal Touch • Jazzercise for Teens

Sessions available weekdays, mornings and evenings. Call Phyllis @ 425-814-2134 for more information and to reserve your spot today!

NORTHWEST ARTS CENTER | 9825 NE 24TH ST • 425-452-6046

Jazzercise • Jazzercise Lite • Jazzercise Personal Touch

Morning and evening sessions available throughout the week. For more information, call Pam Kallian 425-643-4911, or visit www.pamsjazz.com.

NORTH BELLEVUE COMMUNITY CENTER | 4063 148TH AVE NE • 425-452-7681

Jazzercise

Morning and evening sessions available throughout the week. For more information and seasonal schedule changes, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

SOUTH BELLEVUE COMMUNITY CENTER | 14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit www.jazzfitness.net.

**New student specials are available! Contact instructors directly for details.
Registration/payment is completed directly with Jazzercise instructor at each class location.**



OUTDOOR & NATURAL RESOURCES

VISITOR CENTERS

Botanical Garden Visitor Center

The 53-acre Bellevue Botanical Garden offers nature lovers one mile of trails through woodlands, ground cover, perennial, Yao, waterwise, and alpine rock gardens.

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and P-Patches, you will find interpretive displays, trails, and environmental program information.

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

Location: 5808 Lakemont Blvd., 98007

Hours: Wed-Sun, 10am-4pm

Closed Mon, Tue, & Holidays

Phone: 425-452-4195

Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center Visitor Center

Overlooking the 320 acre Mercer Slough Environ. Ed. Center, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information today.

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/mseec.htm

FAMILY DISCOVERY SERIES

MERCER SLOUGH NATURE WALK

Did you know that Mercer Slough Nature Park is over 320 acres? Explore Mercer Slough with a Park Ranger. No registration necessary. All ages welcome. Dress for the weather.

WHEN: Weekly, every Saturday
2-3pm. (No walk April 16)

WHERE: Mercer Slough Environmental Education Center
Meet at the Visitor Center

COST: Free

ART IN NATURE EXHIBITS

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Daily
10am - 4pm

WHERE: Mercer Slough Environmental Education Center
Visitor Center

COST: Free

RANGER-GUIDED GROUP PROGRAMS

Looking for an engaging group program? Mercer Slough Park Rangers offer outdoor interpretive walks and talks. Learn and discuss flora, fauna, and natural and cultural history of Mercer Slough Nature Park. We schedule groups of 5-20, for this one hour program. Suggested donation of \$1 per person. First-come, first-serve. Call or email to reserve your spot today. (425) 452-2565 or MSEEC@bellevuewa.gov.

RANGER PROGRAMS

Join a Park Ranger at the Mercer Slough Environmental Education Center the 1st Sunday of each month, at 2:30pm for a free 30 minute program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary. Min 4/Max 25

Mercer Slough Environ. Ed. Center
FREE All Ages

Wintering Wildlife

What happens to all the wildlife in winter? Discover what our year-round wildlife do to survive the Pacific Northwest winter.

50849 2:30- 3pm Sun Dec 05

Mushrooms of Mercer Slough

What is a mushroom? Why do we need fungi and how do they affect our everyday lives? Learn how fungi are essential to the ecosystem at Mercer Slough, and how to identify some common mushrooms that grow in this area.

56616 2:30- 3pm Sun Jan 02

The Life of Lichens

Lichens are fascinating organisms that have a very interesting way of life. Learn what lichens are, how to identify them, and how people have used them over time. Search for lichens with a ranger and learn what they tell us about our ecosystem.

56615 2:30- 3pm Sun Feb 06

Beavers

Did you know you can find beavers at Mercer Slough? Learn about nature's architect, the beaver, their amazing adaptations, how they shape the habitat around them, and why Mercer Slough's beavers are unique.

56617 2:30- 3pm Sun Mar 06

Life Under Water

Did you know an animal can live its entire life in a small pond? Ponds are a unique and important habitat. Learn about the different animals that live in and around ponds, their survival techniques, and how some have adapted to live under water.

56618 2:30- 3pm Sun Apr 03

COAL MINING AT COUGAR MOUNTAIN

This program, presented by the Eastside Heritage Center, focuses on 100 years of local coal mining. In 1888 there were 20 mules and 200 men employed here! Exporting coal to San Francisco turned Seattle into a dominant seaport. Come and learn what is underneath a mountain that is older than Rainier. Ages 10Y and up. Preregistration is required. All children must be accompanied by a registered adult. Min 7/Max 40

Lewis Creek Park

FREE Age: 10Y and up
56034 7- 9pm Thu Jan 20

WINTER TRACKS

Not all animals hibernate in winter! Join a ranger as you look for tracks in Lewis Creek. Tracks can help indicate what animals are living in the park and how they adapt to winter. Then create a plaster track to take home. Min 6/Max 30

Lewis Creek Park

\$3 Age: 6Y and up
56035 2- 3pm Sat Jan 22

UNDERSTANDING MUSHROOMS

What are mushrooms? What do they do? Do they help us or harm us? What wild animals eat mushrooms? To better understand these mysterious organisms, join Marian Maxwell, President of the Puget Sound Mycological Society, for a discussion about the role of mushrooms in our ecosystem. You will gain a better understanding of the types of mushrooms that there are and how they impact us as well as the environment. Preregistration is required. All children must be accompanied by a registered adult. Min 10/Max 30

Lewis Creek Park

\$3 Age: 10Y and up
56620 7-8:30pm Thu Feb 10

COUGAR MOUNTAIN WILDLIFE

This talk is presented by Steve Williams, retired manager of Cougar Mountain Regional Wildland Park, and will include artifacts and mounts of some local birds and animals as well as hands-on comparison of skulls and tracks. Come and find out who lives in our woods. Min 6/Max 40

Lewis Creek Park

FREE Age: 6Y and up
56047 11am-12:30pm Sat Feb 12

LOCAL NATIVE AMERICANS: LIFE IN WINTER

Discover the wintertime activities of local Native Americans: their work, culture, technologies, games, stories and uses of plants with Barb Williams, local expert and volunteer at the Eastside Heritage Center. During this interactive talk, you will have the opportunity to handle artifacts from her collection. Min 6/Max 40

Lewis Creek Park

FREE Age: 10Y and up
56045 7-8:30pm Thu Feb 17



Art in Nature Exhibit @ Mercer Slough Environmental Education Center

PLANTS, NATIVE AMERICANS & SURVIVAL

Join Barb Williams, Bellevue Botanical Garden Society school programs manager and Eastside Heritage Center volunteer, for a fun, hands-on, indoor/outdoor interpretive program about local Native Americans and their ingenious use of Mercer Slough plants to support survival needs. Pre-registration required. Min 5/Max 20

Mercer Slough Nature Park

\$5 Age: 12Y and up
56600 11am-12:30pm Sat Mar 19

NATURE SCAVENGER HUNT

Stop by the Lewis Creek Visitor Center and pick up a scavenger hunt list. Then hit the trails and discover what natural treasures can be found in your local park. The Visitor Center is open Wednesday through Sunday, 10am-4pm.

MOVIES AT MERCER SLOUGH

Join us for fun and engaging environmental movies. All children under 12 must be accompanied by an adult. No registration necessary. Min 4/Max 50

Mercer Slough Environ. Ed. Center

FREE All Ages

Greatest Wildlife Show on Earth

Take a look at the lives and habitats of some of the world's most amazing animals! From butterflies to caribou, this movie showcases some of Earth's most spectacular scenery. Approx. 60 min. Best for age 8+.

56594 5-6:30pm Fri Jan 28

Wolf - Legendary Outlaw

Journey around the world to witness the stunning life of wolves. Learn how the wolf became a legendary outlaw and how we understand them today. Approx. 50 min. Best for age 12+.

56595 5-6:30pm Fri Feb 25

Birds - Fishing for a Living

Discover how birds have become experts at finding food in water. Over time they've developed many ingenious methods - from diving to dancing, skimming to spearing, to reap the rich bounty of Earth's waters. Approx. 55 min. Best for age 8+.

56596 5-6:30pm Fri Mar 25

Blue Planet - Tidal Seas

The sun and moon move billions of tons of water around the world with every turn of the tide. With the strongest and weakest of tides the coastal landscape changes, and strand sea creatures and control their movements. Approx. 50 min. Best for age 10+.

56597 5-6:30pm Fri Apr 29

FAMILY MOVIES AT LEWIS CREEK

It's Movie Time at Lewis Creek! Get a closer look at some of Nature's most wonderful treasures with our second Saturday series. Movies will begin at 2pm. All ages welcome, unless otherwise noted. Children under the age of 12 must be accompanied by a registered adult. Registration required. For more information, call Lewis Creek at 425-452-4195. Min 6/Max 30

Lewis Creek Park

FREE Age: 2Y and up

Nature-Christmastime in Yellowstone

Follow the snowy footprints of Yellowstone's red foxes, spy on the predatory warfare of wolves and elk, and climb into the den of a grizzly bear that gives birth to two cubs while deep in hibernation. 52 minutes

50872 2-4pm Sat Dec 11

Family Movies- Trail of the Cougar

Part of the PBS NATURE series: Long part of the American landscape, cougars lived nearly everywhere in North and South America. Today, numbers are only a fraction of their former population. And as the line between wilderness and urban sprawl becomes ever less distinct, this American icon finds itself in a fight for survival. 60 minutes.

56036 2-4pm Sat Jan 08

Family Movies- Raptor Force

Part of the PBS NATURE series: Dramatic original footage from cameras mounted on their backs shows why falcons, owls, eagles and hawks are masters of the sky, and why aeronautics engineers use their unique abilities and body designs as the basis of new aircraft technology. 56 minutes.

56037 2-4pm Sat Feb 12

Family Movies- Hummingbirds: Magic in the Air

Part of the PBS NATURE series: Stunningly beautiful high-definition, high-speed footage of hummingbirds in the wild combined with high-tech presentations of their remarkable abilities help us to understand the world of hummingbirds as we never have before. 73 minutes.

56038 2-4pm Sat Mar 12



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GET OUTSIDE!
WITH **TRACKS OUTDOORS**

*I only went out for a walk
and finally concluded
to stay out till sundown,
for going out, I found,
was really going in.*
John Muir

What is TRACKS?
TRACKS is a City of Bellevue initiative aimed at gearing up residents and getting them into the great outdoors. From education to adventure and stewardship opportunities, TRACKS helps youth and adults learn and experience more from the natural world.

Teaching—Snowshoe Intro Hikes
Recreation—Skaters in the Woods
Adventure—Adventure Wednesdays
Competency—High Adventure Camps
Knowledge—Mountain Biking Clinics
Stewardship—COB Stewardship Saturdays

Bringing the experts together
TRACKS partners include: Mountaineers Foot-hills Branch, Cascade Bicycle Club, and REI

LEARN MORE:
Phone: 425-452-4102
E-mail: tracks@bellevuewa.gov
Web: www.bellevuewa.gov/tracks.htm

Throughout this edition of CONNECTIONS, you will see this logo that identifies classes, activities, and events that are part of the TRACKS initiative.

The Very Best Bed by Rebekah Raye

A bushy gray squirrel is ready for bed, but where will it sleep tonight? Come along on the gray squirrel's search for just the right bed and learn what where our local wildlife sleep. Then create a squirrel puppet to take home.

56026 11am-12pm Fri Apr 01

ADULT ENRICHMENT SERIES

BELLEVUE BIRDING

9-10am, December 4.

Grab your binoculars and your boots and come look for birds. Due to three distinct habitats in Lewis Creek Park, many birds find a home or at least a snack here. For more information call 425-452-4195.

Registration not required.

Lewis Creek Park

FREE

All Ages

GEOLOGY FROM MOUNTAINS TO SOUND

Take a virtual trip from mountains to sound and explore the long and dynamic geologic history of the I-90 corridor. Geologist, Rob Viens will present and discuss the geologic history of the region as it is expressed in the trails and parks along the Mountains to Sound Greenbelt, including Mercer Slough, Cougar Mountain, Tiger Mountain, Mt. Si and Snoqualmie pass.

Min 5/Max 45

Mercer Slough Nature Park

\$5

56599 7-8:30pm Fri

Age: 18Y and up
Feb 4

LIVING GREEN SERIES

This series highlights the innovative and simple ways that Bellevue residents can "green up" their lives. Each month, Bellevue Parks & Community Services hosts a free, guest speaker presentation on varying and seasonal green topics. The Living Green Series will cover various topics throughout the year from shopping choices to gardening and home remodels. For more information, please contact Laura Hughes, Bellevue Park Ranger, at 425-452-7225 or L.Hughes@bellevuewa.gov.

FICTION FRIDAYS

Look, Listen and Create during an hour of stories and activities with a Park Ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. Stories and activities are geared toward children ages 3 to 6. Both parent and child must register. Registration is required. Min 7/Max 20

Lewis Creek Park
\$2

Age: 3Y and up

Where would I be in an evergreen tree- by Jennifer Blomgren

Discover what animals and plants are supported by the evergreen tree then create your own tree art to take home.

56023 11am-12pm Fri Jan 07

Secret Place by Eve Bunting

A small boy finds a secret place in the city that he shares with a white egret, mallards, and even ducklings. Learn why parks and wild habitats are important in cities and make a simple pinecone birdfeeder to take home.

56024 11am-12pm Fri Feb 04

A Log's Life by Wendy Pfeffer

One stormy day a strong wind rages through the forest, causing an old oak tree to bend and sway. Lightning strikes; the tree crashes to the ground. Now it's a giant log. Learn how the tree is used by animals and make a leaf collage to take home.

56025 11am-12pm Fri Mar 04

NATURE VISION PROGRAMS

Lewis Creek Park • 5808 Lakemont Blvd



Nature Vision

The City of Bellevue hosts Nature Vision, a local non-profit organization dedicated to fostering appreciation and stewardship of our environment through nature education. All Nature Vision programs are taught by trained educators. Programs cost \$5 per person. **Children under the age of 12 must be accompanied by a registered adult.**

Registration is required for all Nature Vision programs. To register, please call 425-836-2697.

Slithering Snakes • January 15, 10:30am

Join a naturalist as we learn about one of the most feared animals on our planet and why we need to appreciate them instead. Touch real snake scoots and scales and understand why snakes are so important to our planet.

Predators in the Sky • February 19, 10:30am

Our skies are filled with hawks, owls, eagles and other birds of prey. Come join us as we explore the predators of the sky in our area.

Food Web • March 12, 10:30am

Did you know you are a part of Earth's one big food web? Come find out what a food web, food chain and food pyramid are and how you are connected to them.

Slimy Slugs & Wiggly Worms • April 9, 10:30am

Join a naturalist as we get to know our slimiest neighbors: slugs and worms. You will get a chance to hold one and we will venture into the woods to look for our native slugs.

WINTER WILDLIFE WALKS

Saturdays, January 29, February 26, March 26, April 30, 10am
Join a Ranger in exploring dynamic Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. Preregistration is not required.
FREE All Ages

SCOUT MERIT BADGE WORKSHOPS

Use Lewis Creek Park to get Scout badges accomplished! Each program is an hour and costs \$10 per scout. Choose from the following topics: Bird Study, Environmental Science, Fish and Wildlife Management, Forestry, Mammal Study, Nature and Soil and Water Conservation. Visit www.naturevision.org for full descriptions.

PACIFIC SCIENCE CENTER PROGRAMS

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER
1625 – 118th Avenue SE



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center. This partnership brings year-round education and interpretation about wetlands and nature for adults, youth and families.

To register for the following programs, call 206-443-2925, TDD 206-443-2887

Visit the science center on the web:
www.pacificsciencecenter.org/slough

NIGHT WALKS

Great for families! Start the night with a "Creatures of the Night" slideshow and skull samples. Then head out into the wetland to seek out owls and other nocturnal creatures. Participate in hands-on sensory activities while out on trail.

When: 1st Friday of the Month
7:30 - 9pm

Cost: \$7/person

FAMILY WORKSHOPS

Bring the entire family for a monthly hands-on workshop as we explore the science side of the Mercer Slough. Our upcoming themes include fungus, beavers, and birds.

Times: 11:45am – 12:45pm, 2nd
Saturday of each month

Cost: \$10/family, \$7/individual

TODDLER TIME

Sign up for this 4-week series that has you and your toddler exploring nature topics with art, music, science and puppet play. Pre-registration required. Call 425-450-0207 for dates of the next series. New series starts the 1st Tuesday of every month.

Age: 3-5 yrs old with parent accompaniment

Cost: \$45/4-week series

When: 10:30am-12pm

NATURE CLUB

Looking for an engaging activity for your student to do after school? We run 8-week Nature Club sessions throughout the school year with a variety of nature, art and science topics. Sessions start in January and April.

Ages: Grade 2 – 4

Times: Tuesdays, 4pm – 6pm

Cost: \$140/8-week

WILD B'EARTHDAY

Celebrate your birthday in the wild with an Animal Mania, GPS Scavenger Hunt or Insect Safari themed party. Go on a fun, guided hike and play ecology games and have your party festivities in our classroom. The party includes a guided hike, decorations, table cloths, a party favor, and plates/cups/forks/napkins. Just bring the food and drinks!

Age: 5 yrs +

Times: Saturday & Sunday
11am, 2:30pm

Cost: \$175 (15 party goers)
\$250 (up to 25 party goers)

SCHOOL BREAK CAMP (GRADE 1-5)

The Mercer Slough offers fun, nature-orientated camp options for your child when they are not in school. We will be running a week-long break camp in Feb and Apr; and kids-only one day snowshoe trips to Snoqualmie Pass in February. Information for all our camp programs are posted at www.pacsci.org/slough

Outdoor & Natural Resources



WINTER AND SPRING TREKS (GRADE 6-8)

Join us for a two or three day adventure when school is out of session. In February, snowshoe and build snow caves and then in April join us as we use GPS to explore mountains, parks and streams. Call 206-443-2925 to register.

SLOUGH SLEEP-INS

Explore our new center and its surrounding wetland with a slew of exciting activities and night adventures! Call (206)443-2925 to register your group!

When: Friday-Saturday
6pm – 10am

Ages: 1st – 4th grade

Groups: 12 – 36 participants (1 adult per 5 students)

Cost: \$42/participant

SCOUTS IN THE WILD

Discover forest, bog and wetlands as you participate in Naturalist-led scavenger hunts, games, and experiments. Choose from over 16 nature-related scout badge topics like birding, geology, wildlife and forestry. This program is great for any group interested in exploring nature topics. See website for specific badge programs (badges not supplied).

When: Weekdays, after school; and Saturdays

Groups: Up to 15 per class

Ages: 5-12

Cost: \$90

SCHOOL PROGRAMS (PRE-K – GRADE 8)

Programs take advantage of field and laboratory science equipment and address state Essential Academic Learning Requirements (EALR). Go to www.pacsci.org/slough/school_programs for pricing, group sizes and a listing of specific EALR that each of these programs meet. Register for these programs at PSC Registration: 206-443-2925.

Preschool Seekers (Age 3 – 5)

Discover what kinds of creatures live around the wetland, use nets and special tools to meet the baby insects and other creatures that start their lives UNDER the waters of our pond. 2.5hr program

Preschool Prowl (Age 3-5)

Join us for a sensory adventure through the wetlands. Spot ducks and herons with Spy Scopes, explore a dozen touches, and hunt for colors. 2 hr program

Preschool Pollywogs (Age 3 – 5)

Come inside and explore our lab as you learn about the inhabitants of our pond. Discover the baby creatures that love to spend most of their life in the pond. 1 hr program

Habitat Wonderers (Grade K-2)

Dig for soil creatures, explore pond life, play the habitat game, and hike through the wetlands. 2.5 hr program

Soil Adventurers (Grade K-2)

Use scientific tools to discover wetland soils. Take soil samples and examine the recyclers that live in them. 2.5 hr program

Wetland Naturalists (Grade 3-5)

Experience the secrets of a bog, become a migrating bird, and conduct microscopic studies of pond life. 3.5 hr program

Salmon Stewards (Grade 3-5)

Examine aquatic insects, test pH levels of water samples, hunt for watershed parts, and become a part of the salmon lifecycle. 3.5 hr program

Ecosystem Explorers (Grade 4 – 5)

Hunt for evidence of the sun's energy flow, explore a bog community, and use microscopes to examine a pond food web. 3.5 hr program

Wetland Ecologists (Grade 6-8)

Identify wetland plants, observe microscopic organisms, and collect pond water samples to conduct chemical water quality tests. 4.5 hr program

OUTREACH PROGRAM:

Soil Investigators (Grades K-3), Wetland Waters (Grades 3-5) or Boneheads! (Grades 1-4)

Let us bring the Slough to you! We will come into your classroom and give a one hour hands-on, interactive demonstration about wetlands, soil decomposers and animal adaptations through our outreach programs.

TEEN SUMMER OPPORTUNITY

Become a naturalist in training with our day camp program. Recruitment begins in March. Contact us to learn about this fun way to spend your summer. Ages 14 and up.



Outdoor & Natural Resources

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

BELLEVUE BOTANICAL GARDEN TOURS

Join docents for a free drop-in tour of the world-famous gardens. Tour lasts about one hour.

Time: Saturdays and Sundays, April through October, 2pm

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-451-3755

Cost: Free

Groups: Pre-register 3 weeks in advance, special times ok, available April through October.

LAKE HILLS GREENBELT RANGER WALK

Do you know the story behind the Phantom at Phantom Lake? Ever seen an environmental restoration site? Join a Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family, all ages welcome. Free, no registration required.

Time: Saturdays, March through August, 2-3pm

Location: Lake Hills Greenbelt Ranger Station, 15416 SE 16th St.

Information: 425-452-7225

SNOWSHOE ADVENTURE - ALPINE TREK

If you have already gone snowshoeing these trips are for you! We will be exploring one of the snow covered high alpine lakes or possibly (weather dependent) an excellent lookout point. Snowshoes and transportation provided. A snowy adventure is calling! Min 6/Max 10

Highland Community Center

\$30(R) \$35(N) Age: 12Y and up

55966	9am-4:30pm	Sat	Mar 19
55967	9am-4:30pm	Sat	Apr 16



SNOWSHOE ADVENTURE - INTRO

Never been snowshoeing? This is the perfect opportunity for you to explore Snoqualmie Pass while learning the basics of snowshoeing. Expert staff will ensure the trip is safe and fun for everyone. Transportation, snowshoes and hot coco included! Learn new skills and meet new friends while enjoying the great outdoors. You won't find a bigger adventure on a snowy day! Min 6/Max 14

Highland Community Center

\$30(R) \$35(N) Age: 7Y and up

55959	10am-4:30pm	Sat	Jan 08
55960	10am-4:30pm	Sat	Feb 05
55964	10am-4:30pm	Sat	Mar 05
55965	10am-4:30pm	Sat	Apr 02

ADVENTURE WEDNESDAYS

Out of school early? Looking for something different to do? Join our expert guides as we explore the many trails that lie within the city limits and also venture out into bigger terrain as the weather turns nice. Either pre-register or just drop in. Come prepared to be outdoors in all weather. Outdoor gear is available. Min 4/Max 12

Highland Community Center

\$10 Age: 11Y and up

55970	1:30-5pm	Wed	Mar 09
55971	1:30-5pm	Wed	Mar 23
55972	1:30-5pm	Wed	Apr 13
55973	1:30-5pm	Wed	Apr 27

HIGH ADVENTURE WINTER BREAK CAMP

The snow makes everything better! Join our expert staff as we spend three adventurous days enjoying the bounty of winter. From snowshoeing in the mountains to preparing a winter meal to building a snow-shelter this day camp is for you. Snowshoes provided and limited winter gear is available upon request. Min 6/Max 12

Highland Community Center

\$120(R) \$140(N) Age: 12Y - 17Y

56004	9am-4pm	Mon-Wed	Feb 21-23
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CULTURAL HISTORY PROGRAMS

HISTORIC HOUSE TOUR

Tour this charming Spanish Eclectic style home built in 1929 by Cecilia and Frederick Winters. An Eastside Heritage Center docent will explain the early life style and industry of this Mercer Slough family who bought the land in 1917 and operated a landmark. For further information call 425-450-1049.

WHEN: Ongoing, Thursdays, Fridays, and Saturdays, 10am-2pm

WHERE: Winters House,
2102 Bellevue Way SE

COST: FREE

AGES: All

FRASER CABIN HERITAGE PROGRAMS

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services.

This log cabin experience is magical and will transport you back in time. Visitors are invited to participate in hands-on activities that relate to 1880s settler life: agriculture, dairy, household tasks, log cabins, games and eastside history. All activities are located at the historic 1888 Fraser Cabin at Kelsey Creek Farm Park. Eastside Heritage Center staff and volunteers present the activities and interpret the log cabin that was built and lived in by the Fraser family over 100 years ago! For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastside-heritagecenter.org.

WHEN: Saturday, April 30, 11am-3pm

WHERE: Kelsey Creek Farm Park
410 - 130th Pl SE

COST: FREE

AGES: All



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Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.



COMMUNITY FARMS & GARDENS

Preserved within the Bellevue Park System is over fifty acres of productive farmland, demonstration gardens, and historic farm buildings. Rich peat soils have provided growers with abundant crops for over 100 years. Today, these farms and gardens continue to provide visitors the opportunity to purchase and pick fresh produce, learn about sound gardening practices, and experience Bellevue's agricultural heritage. Call 425-452-7225 for information.

2011 COMMUNITY GARDEN P-PATCH INFORMATION

The City of Bellevue offers P-Patch garden plots to the community at two locations: The Lake Hills Greenbelt Ranger Station and Crossroads Park. Each plot measures approximately 400 square feet and water is supplied on site. Returning gardeners apply in January. New gardeners please contact Laura Hughes for more information and to be added to our mailing list. Seasonal and year-round p-patches offered. Information: 425-452-7225 or email LHughes@bellevuewa.gov.

MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how to educational garden. Consult with King County Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St
Time: Saturdays
10:30am-12pm
Info: 425-452-7225
<http://gardening.wsu.edu> or

For a full workshop schedule please visit <http://www.mgfk.org>

VOLUNTEER OPPORTUNITIES PARK STEWARDS

Various ongoing volunteer opportunities exist with the Bellevue Parks Natural Resource & Resource Management Divisions. Help restore your local parks or lead tours and share your knowledge with the community. We will help you find the right match for your interests and skills.

Location: Varies

Information: 425-452-4195

EASTSIDE HERITAGE CENTER VOLUNTEERS

Various opportunities including Historic Winters House Host, assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

STEWARDSHIP SATURDAYS

Stewardship Saturdays are community volunteer events held one Saturday each month at park locations around the city. These events provide citizens the opportunity to participate in the stewardship and care of our City's park resources. Organize a group or participate as an individual. 9am-1pm on January 15, February 19, March 19, and April 16 (Earth Day/Arbor Day); free to participate. Call 425-452-4195 for location information.

EARTH DAY/ARBOR DAY

SAVE THE DATE!! On April 16, the City of Bellevue will plant thousands of trees and shrubs and restore local habitats in the spirit of conservation and stewardship. Join us as we celebrate our 20th consecutive Tree City USA award during our annual Earth Day – Arbor Day event at Wilburton Park and the Bellevue Botanical Garden. Sign up today! Visit <http://www.bellevuewa.gov/volunteer.htm> for more information.



BELLEVUE BOTANICAL GARDEN

Bellevue Botanical Garden BBG relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please call 425-452-2750 for more information, job descriptions and qualifications. Opportunities are available in the following areas:

- Horticultural Assistants – Ongoing or Occasional Work Party participants
- Docents
- Gift Shop
- Special events
- Newsletter Distribution
- Occasional Office Help
- Fundraising / Auction Help
- Garden d'Lights Installation and Work Parties
- Plant Records and Documentation

MASTER NATURALIST TRAINING PROGRAM

Sign up now for more information about the Master Naturalist Training Program and Certification. Each winter join the City of Bellevue for an environmental training program that teaches our city's community members about the area's ecology, hydrology, geology, wildlife and cultural history. This training program is FREE, with a commitment of 100 volunteer hours over 2 years. For more information contact Laura Hughes, LHughes@bellevuewa.gov or call the Ranger Station at 425-452-7225.



KELSEY CREEK FARM

410 – 130th Pl SE • 425-452-7688
e-mail: KelseyCreekFarm@bellevuewa.gov
Animal viewing 9:30am-3:30pm daily.
Hiking and jogging trails, picnic areas,
playground, wetlands and play fields.
No entrance fee, but donations always
welcome. Dogs and other pets must be on
leash at all times when visiting the park.
All pets are prohibited from the area sur-
rounding the barns at Kelsey Creek Farm.
Groups of 10+ must pre-register, please call
in advance Monday through Friday, 8am-
4pm at 425-452-7688.

CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, pig, sheep, goose, goat, duck, cow, rabbit, and chicken. Adoption levels are available, from \$15 for Best Friend to \$200 for Great Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688.

KELSEY CREEK FARM - NATURAL HORSEMANSHIP LESSONS

For those wanting one-on-one, detailed instruction. Come with your questions. These lessons are designed to get maximum information to the student for advancement and independent riding. Lessons by appointment only. Email KelseyCreekFarm@bellevuewa.gov or call 425-452-7688.

FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Call the farm at 425-452-7688 information and reservations.

Ages 2-11

Residents

\$150 - up to 30 children/adults

Nonresidents

\$165 - up to 30 children/adults



KELSEY CREEK AFTER SCHOOL VOLUNTEERS

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need to have a willingness to learn, a positive attitude, a tolerance for being outside, and an interest in animals. Participants must be capable of understanding and following directions. Volunteers must be able to attend the first two weeks of the program and no less than a total of six sessions. No program when Bellevue schools are not in session. Maximum 1 day per week sign up per participant. Min 1/Max 3
Kelsey Creek Farm Park

\$5

53632 3- 4:30pm Tue
53633 3- 4:30pm Wed
53634 3- 4:30pm Thu
53635 3- 4:30pm Fri

Age: 12Y - 18Y

Mar 01-Apr 26
Mar 02-Apr 27
Mar 03-Apr 28
Mar 04-Apr 29

KELSEY CREEK TRACTOR PULLED HAY RIDES WITH SANTA

Create a new family holiday tradition with farm-style fun for parent and child. Sing holiday songs and listen to a story. Hop onto the hay wagon with Santa for a tractor-pulled wagon ride around the farm. All ages welcome. One adult per child. Advance registration is required. Min 5/Max 15

Kelsey Creek Farm Park

\$15 parent/child

Age: All Ages

\$5 each additional family member

51087 11am-12pm Tue
51088 11am-12pm Tue

Dec 07
Dec 14



FARM TOURS FOR SCHOOLS AND GROUPS

Experience the farm with a tour designed specially for groups. Four different tours available. Each focuses on a particular theme ranging from pioneer life in the 1880s to springtime on the farm. Tours vary by season, as described below. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. Tour Cost: \$5.50 per child, \$2.50 per adult, staff free, \$85 minimum per tour. Minimum cost for groups with less than 15 participants is \$85. Additional fee for pumpkins during the October, "Fall at the Farm" tours. Call early for reservations and more information, 425-452-7688 or email Farmer Jayne at Farmer-Jayne@aol.com.

Kids on the Farm Group Tour

Available December to April and June to September

Explore our farm – hands on fun as you meet our goats, pig, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

Springtime in the Barnyard Group Tour

Available May only

Welcome springtime with a tour of our animals, which may include chicks, goat kids, and a calf. Learn about their special care then finish up in the garden planting pumpkin seeds.

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony and pig, feed the chickens and work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up in our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

Pioneer Days Group Tour

Available November only

Visit our log cabin and imagine life in the 1890's. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, and play dress-up, plus more living history activities. Storytelling about pioneer life with Laura Ingalls Wilder's Little House books helps children compare their life based on electricity and modern conveniences with the life of Laura and Mary. Ages 3 and up.

KELSEY CREEK FARM EXPLORERS CLASS

Designed for preschoolers. Children actively participate in animal care, barn chores, pony ride, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Children must be potty trained and should bring a lunch with beverage. Snack is provided. No family discounts. Min 6/Max 10

Kelsey Creek Farm Park

\$61(R) \$73(N)

50834	10am-12:30pm	Thu	Dec 02-16
50835	10am-12:30pm	Fri	Dec 03-17
53643	10am-12:30pm	Thu	Feb 03-17
53644	10am-12:30pm	Fri	Feb 04-18
53646	10am-12:30pm	Fri	Mar 11-25

\$82(R) \$98(N)

53641	10am-12:30pm	Thu	Jan 06-27
53642	10am-12:30pm	Fri	Jan 07-28
53645	10am-12:30pm	Thu	Mar 03-24

Age: 3Y - 6Y

Age: 3Y - 6Y

KELSEY CREEK LITTLE FARMERS CLASS

Join Farmer Jayne in a special hands-on opportunity to experience farm life for 2-3 year olds. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. No family discounts. Min 6/Max 10

Kelsey Creek Farm Park

\$55(R) \$66(N)

50839	10-11:30am	Mon	Nov 29-Dec 13
50840	10-11:30am	Tue	Nov 30-Dec 14
50841	10-11:30am	Wed	Dec 01-15
53658	10-11:30am	Tue	Feb 01-15
53659	10-11:30am	Wed	Feb 02-16
53657	10-11:30am	Mon	Feb 07-28

\$73(R) \$88(N)

53654	10-11:30am	Mon	Jan 03-24
53655	10-11:30am	Tue	Jan 04-25
53656	10-11:30am	Wed	Jan 05-26
53661	10-11:30am	Tue	Mar 01-22
53662	10-11:30am	Wed	Mar 02-23
53660	10-11:30am	Mon	Mar 07-28

Age: 2Y - 3Y

Age: 2Y - 3Y

BELLEVUE YOUTH THEATRE

Location: 16661 Northup Way
Phone: 425-452-7155

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19. Persons with disabilities, families and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork and confidence while performing in a supportive environment. For more information please call 425-452-7155

BELLEVUE YOUTH THEATRE WINTER 2011 AUDITIONS

Pre-registration is not allowed. YOU MUST AUDITION TO BE IN OUR PROGRAM. Auditions are open to ages 8 and older. There is no need to prepare anything for the audition. Participants 18 and older are required to have a current Washington State Patrol background check on file at the theatre. These are good for one year.

FREE (R)	\$85 (N)
Age: 8-18 Y	
\$35 (R)	\$120 (N)
Age: 19 Y and up*	

* Please note: Adults 19 and older are charged an additional \$35 regardless of residency. Exceptions to the adult fee: students (19-24 only), disabled adults, older adults and active registered volunteers who volunteer for 5 or more hours for the season they are participating in.

Auditions will be held at the following place and times:

For THE LAST UNICORN, CINDERELLA and A MIDSUMMER NIGHT'S DREAM

January 18 & 19, 5-6:30pm
at the Bellevue Youth Theatre

For PINOCCHIO

January 20, 4:30-6pm at the
South Bellevue Community Center

THE LAST UNICORN

This show has great parts for teens and adults. The show is much like the cartoon and many parts are available for all ages. There is singing and some dancing.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, January 31

Rehearses: Monday through Friday, 4-5:30 PM

Performs at BYT: March 25-April 3

PINOCCHIO

This is a different look of the classic tale of Pinocchio. This show has parts for all. Actors must be available the week of productions.

Rehearsal location: South Bellevue Community Center

Rehearsal begins: Monday, January 31

Rehearses: Monday through Friday, 4:30-6:30 PM

Performs at BYT: April 15-23

CINDERELLA

This is a classic retelling of the Cinderella story working from an earlier BYT script. This is not the Rodgers and Hammerstein musical nor is it Disney. This script is fun and has good parts for all. There is singing and some dancing.

Rehearsal location: Crossroads Community Center

Rehearsal begins: Monday, January 31

Rehearses: Monday through Friday, 5:30-7:30 PM

Performs at Meydenbauer: April 29-May 1

A MIDSUMMER NIGHT'S DREAM

Teens, this one's for you! BYT will reprise Shakespeare's most popular comedy, "A Midsummer Night's Dream." This lightning quick romp will be performed in the Bard's own language (well, mostly...) Great parts for lovers, fairies, sprites and buffoons!

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, January 31

Rehearses: Monday through Friday, 6-8 PM

Performs at BYT: May 6-15



PERFORMING ARTS

EXPERIENCE THE ARTS PROJECT

Families and kids of all ages are invited to a free Experience the Arts Project program at Bellevue community centers in January. Discover what type of movement contemporary dance uses. Learn how a dance is created. Try a contemporary dance class - no experience necessary! Lecture/demonstrations presented by Eva Stone of The Stone Dance Collective. Min 8/Max 30
Ivanhoe Park Site

FREE

Age: 10Y and up

Lecture

56355	6:30-7:30pm	Wed	Jan 12
51351	6:30-7:30pm	Wed	Jan 19

Contemporary Dance Class

56354	12:30-2pm	Sat	Jan 22
51352	12:30-2pm	Sat	Jan 29

JAZZ DANCE FOR KIDS

Children learn basic jazz steps that are linked together to form a choreographed piece that will have your kids dancing like the stars they are! Children increase coordination, strengthen concentration and memory, build healthy bodies and develop an amazing love of movement in a fun and confidence-building environment! Min 4/Max 10

South Bellevue Community Center

\$43(R) \$53.50(N)

Age: 6Y - 8Y

56220	3-3:45pm	Wed	Jan 12-Feb 09
56221	3-3:45pm	Wed	Mar 02-30
56222	3-3:45pm	Wed	Apr 13-May 11

Jazz Dance for Kids' Open House

Come check out this creative jazz dance class for kids. Min 4/Max 15

South Bellevue Community Center

FREE

Age: 6Y - 8Y

56232	3-3:50pm	Wed	Jan 05
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Performing Arts & Preschool



PRE-BALLET 2

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. they will gain coordination, body awareness, and self-confidence as they express themselves through dance. Min 5/Max 12 South Bellevue Community Center

\$51(R) \$64(N) Age: 5Y - 6Y
56330 4-4:45pm Tue Jan 04-Feb 08
56331 4-4:45pm Tue Mar 01-Apr 05

YOUTH BALLET 1

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements. Min 5/Max 12

South Bellevue Community Center
\$51(R) \$64(N) Age: 7Y - 10Y
56337 5-6pm Tue Jan 04-Feb 08
56338 5-6pm Tue Mar 01-Apr 05



MOVE OVER MOZART/PIANO CLASSES

A piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. There will be a class recital. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed). The Intermediate class, at 6:00 is with permission of instructor only. Min 5/Max 6 Northwest Arts Center

Move Over Mozart / Preschool Level

\$89(R) \$107(N) Age: 42M - 4Y
56079 5:30-6pm Tue Jan 18-Mar 29
56084 5:30-6pm Tue Apr 12-Jun 21
56086 4-4:30pm Tue Apr 12-Jun 21
56081 4-4:30pm Tue Jan 18-Mar 29

Move Over Mozart /K-1 Grade level

\$89(R) \$107(N) Age: 5Y - 6Y
56080 5-5:30pm Tue Jan 18-Mar 29
56083 6-6:30pm Tue Jan 18-Mar 29
56085 5-5:30pm Tue Apr 12-Jun 21
56088 6-6:30pm Tue Apr 12-Jun 21

Move Over Mozart / 2-6 Grade Level

\$89(R) \$107(N) Age: 7Y - 10Y
56082 4:30-5pm Tue Jan 18-Mar 29
56087 4:30-5pm Tue Apr 12-Jun 21

TOP UP DANCE WITH JOVONNI!

Experience upbeat choreography in a fun, exciting, and high-energy environment! Learn total body coordination, concentrate on detailed movements, and create your own dance routines. Challenge yourself, and move your body! Prior students are welcome. Min 8/Max 20

Crossroads Community Center

\$151(R) \$181(N) Age: 6Y - 14Y
54653 3-5pm Wed Jan 12-Feb 02
54657 3-5pm Wed Feb 23-Mar 16
54658 3-5pm Wed Apr 06-27

PRESCHOOL DANCE, MOVEMENT, & MUSIC

PARENT/CHILD DROP-IN

Come and play with your child. Lots of fun, riding bikes, driving cars, climbing slides and just plain running around. Children under 5. We do not charge for infants under 1 year. Parents/caregivers are responsible for set-up and clean up. Min 1/Max 50

\$3(R) \$4(N) Age: Up to 5Y

South Bellevue Community Center
10am-12pm Mon, Wed, Fri Ongoing
9-11:30am Tue, Thu

North Bellevue Community Center
2:30-5:30pm Mon Ongoing
11am-1:30pm Wed Ongoing
12-4:30pm Thu Ongoing

Northwest Arts Center
1-3pm Mon Ongoing
11am-1pm Tue Ongoing
10am-12pm Thu Ongoing

Crossroads Community Center
9-11:30am Mon-Fri Ongoing

Highland Community Center
9-11:30am Mon, Wed, Thu, Fri Ongoing

ARTS CRAFTS & FAMILY FUN

MINI MASTERS ARTFUL FUN

Parents, join your child in this class and see how creative those little hands can be! We'll have FUN together exploring the world of art! Please, no siblings during class time.

Instructor: Kristen Kleinsasser Min 6/Max 10

Northwest Arts Center
\$81(R) \$96(N) Age: 2Y - 5Y
56347 10:30-11:15am Wed Jan 26-Mar 23
56348 10-10:45am Wed Apr 13-Jun 08

PEE WEE PICASSO

Caregiver and child have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time. Caregiver required in class. Instructor: Karen Renfro-Gielgens Min 8/Max 10

Northwest Arts Center
\$85(R) \$98(N) Age: 2Y - 4Y
56266 9:45-10:30am Thu Jan 27-Mar 24
56267 10:45-11:30am Thu Apr 14-Jun 09

COOKING - LE PETIT CHEF

In a fun and happy environment, make yummies for your tummies. Healthy foods are our focus and having fun is our priority! Our goal is to instill in our young chefs a lifelong appreciation for food. Recipes included. Caregiver and child class (2Y-42M). Child only course (3y-6y). Instructor: Karen Renfroe-Gielgens. Min 6/Max 6 Northwest Arts Center

2 years-42 months-Caregiver and Child

\$85(R) \$98(N) Age: 2Y - 42M
56282 12-12:45pm Thu Jan 27-Mar 24
56285 12-12:45pm Thu Apr 14-Jun 09

3-5 Years/Child Only Class

\$85(R) \$98(N) Age: 3Y - 6Y
56283 2-2:45pm Thu Jan 27-Mar 24
56286 12-12:45pm Thu Apr 14-Jun 09

6-8 Years-child only class

\$85(R) \$98(N) Age: 6Y - 8Y
56284 3:15- 4pm Thu Jan 27-Mar 24
56287 3:15- 4pm Thu Apr 14-Jun 09

TODDLERS ON THE MOVE!

Climbing, sliding and rolling with tunnels, a slide and balls make a fun-filled class for you and your toddler. Children make new friends and build their motor skills too. caregiver required in class and child must be walking. Please no siblings. Min 8/Max 10

Northwest Arts Center

\$85(R) \$98(N) Age: 15M - 2Y
56310 10-10:45am Tue Jan 25-Mar 22
56311 10-10:45am Tue Apr 12-Jun 07

BABY BEETHOVENS

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 8/Max 10 Northwest Arts Center

\$85(R) \$98(N) Age: 18M - 3Y
56275 9:45-10:30am Fri Jan 28-Mar 25
56276 9:45-10:30am Fri Apr 15-Jun 10



EZ JAZZ FOR LITTLE DANCERS!

Great class for first time dancers! Creative movement activities and a few basic jazz moves will have your child dancing in no time! children boost coordination, balance, endurance, sequencing skills, memory and self-esteem in a warm and encouraging environment! Let your little star shine! Min 4/Max 10

South Bellevue Community Center

\$43(R) \$53.50(N) Age: 4Y - 5Y
56192 2-2:45pm Wed Jan 12-Feb 09
56193 2-2:45pm Wed Mar 02-Apr 06
56194 2-2:45pm Wed Apr 13-May 11

EZ Jazz for Little Dancers' Open House

Come check out this creative dance class for your little one. Great class for first time dancers. Min 4/Max 15

South Bellevue Community Center

FREE Age: 4Y - 5Y
56231 2-2:50pm Wed Jan 05

DANCE - PRE-BALLET

Through creative movement and games to classical music children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/Max 12

South Bellevue Community Center

\$51(R) \$64(N) Age: 3Y - 5Y
56317 11:30am-12:15pm Fri Jan 07-Feb 11
56318 11:30am-12:15pm Fri Mar 04-Apr 08

PRE BALLET & TAP 1

Children will discover the rhythm of their hands and feet while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/Max 12

South Bellevue Community Center

\$51(R) \$64(N) Age: 3Y - 5Y
56307 10:30-11:15am Thu Jan 06-Feb 10
56308 10:30-11:15am Fri Jan 07-Feb 11
56308 10:30-11:15am Thu Mar 03-Apr 07
56301 10:30-11:15am Fri Mar 04-Apr 08

PRE-BALLET & TAP 2

For those who have already completed pre-ballet 1 - try pro-ballet/tap 2. Dancers will continue working on rhythm, grace and coordination while exploring new ways to move and express themselves. Attire: leotard, tights, ballet and tap shoes Min 6/Max 12

South Bellevue Community Center

\$51(R) \$64(N) Age: 4Y - 5Y
56323 12:30- 1:15pm Thu Jan 06-Feb 10
56324 12:30- 1:15pm Thu Mar 03-Apr 07

KINDERMUSIK

Through movement and music, Kindermusik activities help promote language development, symbolic thinking, coordination and social interaction while they awaken your child's imagination. For more information visit www.studio3music.com. Min 4/Max 15

South Bellevue Community Center

Kindermusik Village

Hickory Dickory, Tickle & Bounce and Rhythm of My Day - Learn and connect with other parents and babies. Materials fee of \$80 collected by instructor. through music and movement, incorporating sign language and nursery rhymes into hour child's day.

\$185(R) \$225(N) Age: 1M - 18M
56243 11:35am-12:20pm Fri Jan 28-May 20

Kindermusik Village Demo Day

FREE Age: 1M - 18M
56251 11:30am-12:20pm Fri Jan 21

Kindermusik - Our Time

Fiddle Dee Dee - Enjoy stringed music and songs about animals around the world that foster your child's healthy emotional development, confidence, curiosity, self-control and communication skills. Materials fee of \$80 collected by instructor. Caregiver attends with family.

\$185(R) \$225(N) Age: 17M - 42M
56244 9:45-10:30am Fri Jan 28-May 20
Kindermusik Our Time Demo Day

FREE Age: 17M - 42M
56252 10:30-11:20am Fri Jan 21

Fiddle Dee Dee

Enjoy stringed music and songs about animals around the world that foster your child's healthy emotional development, confidence, curiosity, self-control and communication skills. Materials Fee of \$80 collected by instructor. Caregiver attends with child.

\$185(R) \$225(N) Age: 17M - 42M
56245 10:40-11:25am Fri Jan 28-May 20

Kindermusik - Imagine That!

Cities! Busy Places, Friendly Faces - The creator, thinker and musician in your child come together for new musical ways to explore the world and express discoveries. Materials fee of \$80 collected by instructor.

\$185(R) \$225(N) Age: 3Y - 5Y
56246 12:30- 1:15pm Fri Jan 28-May 20

Kindermusik Imagine That Demo Day

Imagine That Demo class: During the class session, children attend by themselves with families returning for the last 10 minutes. However, during the demo families attend the entire time.

FREE Age: 3Y - 5Y
56253 12:30- 1:20pm Fri Jan 21



THE PURPLE SCHOOL LANGUAGE CLASSES

Little People-Bilingual Dreams. Babies and young children can learn any language! But brain chemistry changes as children age so it's important to learn while in the window! The Purple School teaches 'foreign' languages through chants, singing, and games. Our enthusiastic teachers use a centrally-prepared curriculum to achieve concrete, quantifiable results. Email info@purpleschool.com for more information. Northwest Arts Center

SPANISH

\$121(R)	\$142(N)		Age: 6M - 30M
56051	2:15-2:45pm	Fri	Jan 07-Mar 25
\$110(R)	\$132(N)		Age: 6M - 30M
56052	2:15-2:45pm	Fri	Apr 15-Jun 17
\$121(R)	\$142(N)		Age: 3Y - 6Y
56050	3-3:45pm	Fri	Jan 07-Mar 25
\$110(R)	\$132(N)		Age: 3Y - 6Y
56053	3-3:45pm	Fri	Apr 15-Jun 17
\$242(R)	\$290(N)		Age: 6Y - 10Y
56048	4-6pm	Fri	Jan 07-Mar 25
\$176(R)	\$212(N)		Age: 6Y - 10Y
56049	4-6pm	Fri	Apr 15-Jun 17

MANDARIN CHINESE

\$220(R)	\$264(N)		Age: 6Y - 10Y
54761	1:30-3:30pm	Sat	Jan 08-Mar 26
\$176(R)	\$212(N)		Age: 6Y - 10Y
54763	1:30-3:30pm	Sat	Apr 16-Jun 18

ITALIAN

\$220(R)	\$264(N)		Age: 6Y - 10Y
54795	10am-12pm	Sat	Jan 08-Mar 26
54796	10am-12pm	Sat	Apr 16-Jun 25

KOREAN

\$121(R)	\$142(N)		Age: 6M - 30M
54806	4-4:30pm	Mon	Jan 03-Mar 28
\$176(R)	\$212(N)		Age: 6M - 30M
54807	10:30-11am	Thu	Jan 06-Mar 31
\$99(R)	\$118(N)		Age: 6M - 30M
54818	4-4:30pm	Mon	Apr 14-Jun 16
\$110(R)	\$132(N)		Age: 6M - 30M
54819	10:30-11am	Thu	Apr 14-Jun 16
\$121(R)	\$142(N)		Age: 3Y - 6Y
54809	4:45-5:30pm	Mon	Jan 06-Mar 31
\$132(R)	\$158(N)		Age: 3Y - 6Y
54808	9:30-10:15am	Thu	Jan 06-Mar 31
\$99(R)	\$118(N)		Age: 3Y - 6Y
54810	4:45-5:30pm	Mon	Apr 11-Jun 13
\$110(R)	\$132(N)		Age: 3Y - 6Y
54811	9:30-10:15am	Thu	Apr 14-Jun 16
\$242(R)	\$290(N)		Age: 6Y - 10Y
54804	4-6pm	Fri	Jan 07-Mar 25
\$176(R)	\$212(N)		Age: 6Y - 10Y
54805	4-6pm	Fri	Apr 15-Jun 17



LEARNING & EXPLORING

MAGIC PRE-READING

Open the door to the wonderful world of reading! In the 'Magic Pre-Reading Program' your child will explore letters, sounds, and sight words through playful songs, games, puzzles, and activities. Per instructor's recommendation upon course completion, your child will continue in this course to improve skills or move into Magic Beginning Reading. Min 5/Max 10 Crossroads Community Center \$109(R) \$131(N) Age: 4Y - 6Y 53701 4:20-5pm Mon, Wed Feb 28-Mar 30

PRE-KINDERGARTEN PRESCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14 Crossroads Community Center \$1513(R) \$1816(N) Age: 4Y - 5Y 48059 9:30am-1pm Mon, Wed, Fri Sep 13-May 27

PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center

\$826(R) \$991(N) Age: 3Y - 4Y 48058 9:30am-12pm Tue, Thu Sep 14-May 26

NATURAL START PRESCHOOL

Natural Start Preschool offers a unique nature-based curriculum that meets the developmental needs of preschoolers while at the same time teaching them about healthy living, physical fitness, nutrition, wellness, the natural world, and the importance of getting outdoors. For more information, please visit www.naturalstartpreschool.com - Materials fee of \$120 collected by instructor - Registration fee of \$75 Min 4/Max 12

South Bellevue Community Center

Natural Start 5 Day

\$450(R) \$540(N) Monthly Age: 3Y - 5Y 51061 9:30am-12pm Mon-Fri Aug 30-Jun 16

Natural Start 3 Day

\$270(R) \$324(N) Monthly Age: 3Y - 5Y 51078 9:30am-12pm Mon, Wed, Fri Aug 30-Jun 15

Natural Start 2 Day

\$180(R) \$216(N) Monthly Age: 3Y - 5Y 51077 9:30am-12pm Tue, Thu Aug 31-Jun 16

SPECIAL INTEREST & EXTENDED LEARNING

YOUTH, TEEN & FAMILY, BRIDGE TO BASICS- WITHIN REACH

Bridge to Basics is a partnership between WithinReach, United Way of King County and the North Bellevue Community Center (NBCC) to provide low-income clients with eligibility screening, referrals, and application assistance for a range of food and health public benefit programs. Bridge to Basics' primary focus is connecting eligible households with Basic Food (food stamp) benefits, but also WIC, Summer Meal sites, Apple Health for Kids (Medicaid), utility assistance and other public benefits that help families meet their basic needs. First Friday each month. No appointment necessary. For more information, call WithinReach 206-830-7651 or NBCC at 425-452-7681. Min 1/Max 20 North Bellevue Community Center FREE All Ages 55286 10:30am-1:30pm Fri Jan 14-May 06

ART OF ETIQUETTE-A ROYAL TEA

Calling all princes and princess! Learn the secrets of living like royalty as you practice kindness and respect for all those you meet. Wear your royal clothing....crown and all... and bring your favorite cup and saucer. You will practice meeting and greeting others, how to handle a napkin, eat a cookie, drink lemonade, and join table talk. Don't forget your royal escort! Min 8/Max 10

Northwest Arts Center

\$30(R) \$40(N) Age: 4Y - 6Y 56298 1-2pm Sat Feb 26

ETIQUETTE-PRETEEN STYLE

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. learn valuable communication skills, party manners, ways to develop friendships, maintain a positive attitude, and tips on posture, clothing and nutrition. Experience the steps to great skin as you give your self a facial! Final Touch Finishing School. Min 8/Max 16

Northwest Arts Center

\$50(R) \$60 Age: 9Y - 11Y 54115 9am-12pm Sat Apr 23

ART OF ETIQUETTE - YOUNG LADIES & GENTLEMEN I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Each student receives a goodie bag to take home. Min 8/Max 16
Northwest Arts Center
\$50(R) \$60(N)
54108 9am-12pm Sat Age: 6Y - 11Y
Feb 26

ART OF ETIQUETTE- YOUNG LADIES AND GENTLEMEN II

This course in a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class. Min 8/Max 16
Northwest Arts Center
\$50(R) \$60(N)
54116 1-4pm Sat Age: 6Y - 11Y
Apr 23

MAGIC EXPLORE MATH AND PRE-READING

Open the door to the wonderful world of reading and math! This class combines the 'Magic Pre-Reading Program' and the 'Magic Explore Math Program' into one. Build a strong basic foundation for all mathematical and reading learning. Learn letters and sounds of the alphabet, sight words, and explore math concepts through playful songs, games, puzzles, and other hands-on learning activities. Min 6/Max 10
Crossroads Community Center
\$182(R) \$218(N)
53704 9:30-11:30am Mon-Fri Age: 4Y - 6Y
Apr 04-08

FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook!

MAGIC BEGINNING READING

The 'Magic Beginning Reading Program' explores blending sounds together using phonetic rules and sight reading. Children learn to make words and sentences, subsequently learning to understand the meaning of the words in the stories and information they read. Per instructor's recommendation upon course completion, your child may continue in this course to improve skills or move into Advanced Magic Reading. Min 5/Max 10
Crossroads Community Center
\$115(R) \$138(N)
53702 5:10am-6:10pm Mon, Wed Age: 5Y - 6Y
Feb 28-Mar 14

MAGIC ADVANCED READING

The 'Magic Advanced Reading Program' increases comprehension and vocabulary through more practice and advanced reading games. Children develop skills to infer the real meaning behind the story and/or information they read. At the completion of the Advanced Magic Reading Program, children will have acquired the needed skills to gain knowledge through reading. Prerequisite: Able to read most words in picture books, and may be starting to read beginning or higher level chapter books. Min 5/Max 10
Crossroads Community Center
\$125(R) \$150(N)
53703 5:10-6:40pm Wed, Mon Age: 5Y - 7Y
Mar 16-30

ORIENTEERING EASTGATE

As part of South Bellevue's five year birthday, try our Orienteering Course. Just stop at the front desk and pick up a map to the course. Open during South Bellevue's operating hours. No registration necessary. Min 1/Max 200
South Bellevue Community Center
FREE
54433 6am-5pm Daily Age: 5Y and up
Jan 18-30

DANCE & ARTS AGELESS ACTORS - A SENIOR ACTING WORKSHOP

For those seriously interested in developing acting skills that can also be used in everyday life: sharpen memory, activate imagination, give self confidence, & learn to use voice in a variety of exciting ways. Work on scenes, improvisations and movement, and with experience, join the touring troupe. Call for audition appointment. Min 4/Max 24
North Bellevue Community Center
\$63
54860 1-3pm Wed Age: 18Y and up
Jan 12-Mar 30

CISC/BALLROOM DANCE

Ballroom Dance Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, Rumba and etc. This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Min 6/Max 75
North Bellevue Community Center
FREE
54848 1-3pm Wed Age: 18Y and up
Jan 12-Apr 27

BEGINNING SWING / BALLROOM DANCE

Learn the basics of swing, foxtrot, cha cha, ballroom and more. You'll learn fantastic dance techniques and great moves that will amaze your friends! Partner not required. All ages welcome! Min 10/Max 24
Crossroads Community Center
\$44(R) \$50(N)
56413 6-6:50pm Fri Age: 10Y - 99Y
Jan 07-Feb 11
56414 6-6:50pm Fri Feb 18-Apr 01

SWING 1

This is the place to start! Learn the single-time basics of the dance known by many names: the Jitterbug, East Coast Swing, and the 6-count Lindy Hop. Beginning level (no prerequisite). Join instructors Chris and Allison Evan for this great social, high-energy class. No partner necessary. Singles & couples welcome. Info: www.eastsideswingdance.com 425-941-9144
Min 8/Max 40
North Bellevue Community Center

\$63(R) \$73(N)
54526 7-8pm Tue Age: 14Y and up
Jan 11-Feb 01
54527 7-8pm Tue Feb 08-Mar 01
54528 7-8pm Tue Mar 08-29
54529 7-8pm Tue Apr 05-26

SWING 2/LINDY HOP

Prerequisite: Comfortable with Swing 1 material This is the class where you can really take off. This class will mix 6 and 8 count swing, triple time footwork, and Lindy Hop. Take your dancing to a new level with Chris and Allison Evan, www.eastsideswingdance.com 425-941-9144.
Min 8/Max 40
North Bellevue Community Center

\$63(R) \$73(N)
54533 8-9pm Tue Age: 14Y and up
Jan 11-Feb 01
54534 8-9pm Tue Feb 08-Mar 01
54535 8-9pm Tue Mar 08-29
54536 8-9pm Tue Apr 05-26

Continuing Education & Games



DANCE - LINE DANCING

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Dances taught focus both on the beginner and returning students. Leather soled shoes recommended. Min 5/Max 15

South Bellevue Community Center

\$24.50(R) \$30.50(N) Age: 18Y and up

54409	7-8:30pm	Mon	Jan 03-31
54411	2:30-4pm	Wed	Jan 05-26
54412	2:30-4pm	Wed	Feb 02-23

\$18.50(R) \$23(N) Age: 18Y and up

54410	7-8:30pm	Mon	Feb 07-28
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\$43(R) \$54(N) Age: 18Y and up

54413	2:30-4pm	Wed	Mar 02-Apr 13
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\$37(R) \$45(N) Age: 18Y and up

54414	7-8:30pm	Mon	Mar 07-Apr 11
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Free Beginner's Class prior to this class

10:30am-11am every Friday.

54883	11am-12pm	Fri	Jan 14-Feb 04
54884	11am-12pm	Fri	Feb 18-Mar 11
54885	11am-12pm	Fri	Mar 25-Apr 15

TAP DANCE - BEGINNING

Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music. Min 10/Max 30

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up

54207	11am-12pm	Tue	Jan 11-Feb 01
54208	11am-12pm	Tue	Feb 08-Mar 01
54209	11am-12pm	Tue	Mar 08-29
54210	11am-12pm	Tue	Apr 05-26

TAP DANCE - INTERMEDIATE

Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music. Min 10/Max 30

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up

54434	12:15-1:15pm	Tue	Jan 11-Feb 01
54435	12:15-1:15pm	Tue	Feb 08-Mar 01
54436	12:15-1:15pm	Tue	Mar 08-29
54437	12:15-1:15pm	Tue	Apr 05-26

CONTINUING EDUCATION

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 15/Max 24

FREE Age: 50Y and up

South Bellevue Community Center

54379	10am-2:30pm	Tue	Jan 04-11
54380	10am-2:30pm	Tue	Mar 22-29

North Bellevue Community Center

54390	9am-2pm	Tue, Thu	Feb 01-03
54389	9am-2pm	Tue, Thu	Apr 05-07

BOOK DISCUSSION GROUP

Meets the second Tuesday of each month. For more information contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543. Min 2/Max 10

North Bellevue Community Center

FREE Age: 18Y and up

54508	10-11:30am	Tue	Jan 11
54509	10-11:30am	Tue	Feb 08
54510	10-11:30am	Tue	Mar 08
54511	10-11:30am	Tue	Apr 12

CHORUS

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule. Min 2/Max 30

North Bellevue Community Center

FREE Age: 50Y and up

56001	10:30-11:45am	Fri	Jan 14-Dec 23
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YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information, call Carin Mack 206-230-0166. Min 4/Max 25

North Bellevue Community Center

FREE Age: 18Y and up

56008	7-8:30pm	Wed	Jan 12
56020	7-8:30pm	Wed	Feb 02
56021	7-8:30pm	Wed	Mar 02
56022	7-8:30pm	Wed	Apr 06

GAMES

PARTY BRIDGE TUESDAYS

Drop-In 'Party Bridge' play. Currently seeking a volunteer to coordinate this group. Meets in the Billiards Room. Bring your own foursome. Min 4/Max 28

North Bellevue Community Center

FREE Age: 18Y and up

	12-3pm	Tue	Ongoing
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THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40

South Bellevue Community Center

\$10(R) \$12(N) Age: 55Y and up

54400	1:30-3:30pm	Thu	Jan 06-Apr 28
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BEGINNING BRIDGE

Build a solid foundation of bidding and play of the hand. A logical approach is a must-have basis for good bridge, whether party bridge or duplicate bridge. Min 8/Max 12

South Bellevue Community Center

\$80(R) \$100(N) Age: 18Y and up

54391	10am-12pm	Tue	Jan 18-Mar 08
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DUPLICATE BRIDGE

Monday, Wednesday & Friday afternoons, 12:15-3:30pm, FEE \$.50/visit, payable to Advisory Board. Contact: Ed Jesse 425-746-7435 or Arnie Rengstroff 425-746-1620. Min 8/Max 40

North Bellevue Community Center

\$.50 Age: 18Y and up

	12-3:30pm	Mon, Wed, Fri	Ongoing
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CRIBBAGE

Contact: Carl Wittenberg, 425-641-3118 Min 4/Max 28

North Bellevue Community Center

FREE Age: 18Y and up

	10am-12pm	Thu	Ongoing
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MAH JONG

For more information, stop by the front desk. Min 4/Max 16

North Bellevue Community Center

FREE Age: 18Y and up

	1-3pm	Wed	Ongoing
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PICKLEBALL

The monthly schedule for pickleball may vary. Please call for current schedule. Court and net provided - players provide their own paddle and ball. Min 2/Max 24

North Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up

	8:30-10am	Mon	Ongoing
	3-5pm	Wed, Fri	Ongoing



PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables, you provide your own paddle and ball. Suggested donation of \$1 per visit to offset the cost of these brand-new, high-quality tables purchased by the NB Advisory Board. Min 2/Max 16

North Bellevue Community Center
FREE Age: 18Y and up
54584 8:30-9:45am Mon-Fri Jan 10-Apr 29

PINOCHLE

Pinochle is played every Wednesday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20
North Bellevue Community Center

FREE Age: 18Y and up
54587 1-3:30pm Wed Jan 12-Apr 27

IMMIGRANT SERVICES

CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1

North Bellevue Community Center
FREE Age: 55Y and up
54520 8:30am-1pm Thu Jan 13-Apr 28

INDIAN FELLOWSHIP

This social group is geared for older adults visiting from India. Fellowship meets every Tuesday, 10:30am-1pm. Contact CD Banerjee at 425-746-8420 for additional information. Min 2/Max 12

North Bellevue Community Center
FREE Age: 60Y and up
55878 10:30am-1pm Tue Jan 11-Dec 20

FITNESS- LATINO SENIOR EXERCISE

Low impact exercise for native Spanish speakers. Led by staff from Sea Mar Community Health Centers. Min 6/Max 35

North Bellevue Community Center
FREE Age: 50Y - 99Y
54557 11am-12pm Mon, Fri Jan 10-Apr 29

ESL FOR CHINESE SENIORS

This class helps limited English speaking seniors practice and improve their English so they are more confident in using English in their daily life. Min 4/Max 20

North Bellevue Community Center
FREE Age: 55Y and up
55884 10-11:30am Thu Jan 13-Dec 22

South Bellevue Community Center
FREE Age: 60Y and up
54370 10:30-11:50am Thu Jan 13-May 12

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Min 6/Max 25

North Bellevue Community Center
FREE Age: 60Y and up
54543 12-1:30pm Thu Jan 13-Apr 28

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25

North Bellevue Community Center
FREE Age: 18Y and up
55887 12:45-1:45pm Mon, Fri Jan 10-Dec 23

ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space limited, call Cathy at 206-624-5633 ext.4123 to register. Min 5/Max 24

North Bellevue Community Center
FREE Age: 65Y and up
54540 9:30-10:30am Wed Jan 12-Apr 27

CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Min 5/Max 35

North Bellevue Community Center
FREE Age: 18Y and up
55998 10:30-11:50am Wed Jan 12-Dec 21

TAI CHI IN SPANISH

Practice your Tai Chi moves. Instruction is given in Spanish. Sponsored by SeaMar Community Health. Min 4/Max 50

North Bellevue Community Center
FREE Age: 50Y and up
56005 11:15am-12pm Mon, Fri Jan 10-Dec 23

FINANCIAL, LEGAL, & INSURANCE

DISTRIBUTION PLANNING FOR IRA'S AND RETIREMENT

This workshop will review the required minimum distribution rules and procedures for IRS's and all other qualified accounts, including 401k's. Also discussed, Roth IRA conversion rules and the importance of beneficiary designations on your retirement accounts. Min 8/Max 25

South Bellevue Community Center
FREE Age: 18Y and up
56234 9:30-11am Tue Apr 19

LEGAL CLINIC

The Eastside Legal Assistance Program offers a legal clinic for low-income individuals at the North Bellevue Community Center on the 2nd Thursday of each month. Please call Eastside Legal Assistance at 425-747-7274 to make an appointment. Min 1/Max 1

North Bellevue Community Center
FREE Age: 18Y and up
55890 2-4pm Thu Jan 13
55901 2-4pm Thu Feb 10
55902 2-4pm Thu Mar 10
55903 2-4pm Thu Apr 14

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99

North Bellevue Community Center
FREE Age: 65Y and up
55987 10:30-11:30am Tue Jan 18
55993 10:30-11:30am Tue Mar 15

SENIOR RIGHTS ASSISTANCE

Nancy Gerard, SRA volunteer is available on the 4th Tuesday of each month from 9:00am-12:00pm. She is available to assist with questions about wills, living wills, probate, estate planning, financial and health care directives, powers of attorney, guardianships and more. One hour private appointments available. Call 425-452-7681 to make an appointment. Min 1/Max 1

North Bellevue Community Center
FREE All Ages
55907 9am-12pm Tue Jan 25
55908 9am-12pm Tue Feb 22
55909 9am-12pm Tue Mar 22
55910 9am-12pm Tue Apr 26



ESTATE PLANNING: TOOLS AND BENEFICIARIES

Come learn why estate planning is relevant to all retirees. This workshop will discuss titling, community property agreements, wills, probate and trust. Mr. Dilley will be joined by a prominent local estate planning attorney to discuss these issues and answer your questions. Min 4/Max 25

South Bellevue Community Center

FREE

Age: 18Y and up

56237

9:30-11am

Tue

Apr 26

INCOME TAX ASSISTANCE - THURSDAYS & FRIDAYS

Volunteers from AARP assist you in the preparation of your 2009 tax return. Bring your 2009 completed return and your 2010 paperwork and information. Call 425-452-7681 for a 45 minute appointment (one tax return per appointment only). Electronic Filing Only.

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care access and coverage and works to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs. (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 to register. Min 1/Max 1

North Bellevue Community Center

FREE

Age: 18Y and up

55911

9am-12pm

Wed

Jan 19

55934

9am-12pm

Wed

Feb 02

55935

9am-12pm

Wed

Feb 16

55936

9am-12pm

Wed

Mar 02

55937

9am-12pm

Wed

Mar 16

55938

9am-12pm

Wed

Apr 06

55939

9am-12pm

Wed

Apr 20



MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch.

Min 15/Max 40

South Bellevue Community Center

FREE

Age: 55Y and up

54404

10am-1pm

Tue

Feb 22-Mar 01

54406

10am-1pm

Tue

Apr 19-26

COMPUTER CLASSES

COMPUTER BASICS OVERVIEW

Learn the proper way to turn on and shut down the computer, review how to use the mouse and keyboard, review hardware, software and file types, and how to find files. You will resize, move, arrange, and close windows. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N)

Age: 18Y and up

54130

10am-12pm

Thu

Jan 13

ONE-ON-ONE WITH DORIS FORD

Need help with a particular computer software program that has you stumped? Feel more comfortable asking questions one-on-one? Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. NEW! Bring your CPU or Laptop from home if you feel more comfortable using your own equipment, or use the computers in our lab. Min 1/Max 1

North Bellevue Community Center

\$25(R) \$30(N)

Age: 18Y and up

54140

10am-12pm

Thu

Feb 17

54141

10am-12pm

Thu

Apr 07

INTRO TO COMPUTERS

Provides fundamentals of hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet, and database software. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N)

Age: 18Y and up

53679

10am-12pm

Tue

Jan 11-Feb 01

53680

12:30-2:30pm

Tue

Mar 08-29

WINDOWS 7

Learn what is new in Windows 7. Check out the cool new features that can help simplify everyday tasks, works the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your windows. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N)

Age: 18Y and up

53684

12:30-2:30pm

Tue

Jan 11-Feb 01

55953

10am-12pm

Tue

Apr 05-26

ORGANIZE YOUR FILES AND FOLDERS

Learn the difference between files and folders, how to copy, move, delete, files into separate folders. Discover how easy it is to create new folders. Organize your photos. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19

Age: 18Y and up

54182

10am-12pm

Thu

Mar 03

INTRO TO WORD

Learn the basics for writing and editing letters, add bold, and save and print a document. Also, learn to use the spell check feature. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N)

Age: 18Y and up

54125

12:30-2:30pm

Tue

Feb 08-Mar 01

ADOBE PHOTOSHOP

Remove objects from a photo, banish wrinkles and blemishes from someone's face, and repair the ravages of time or mishandling of photos. You must bring your laptop with Adobe Photoshop on it.

North Bellevue Community Center

\$37(R) \$44(N)

Age: 18Y and up

57013

12:30-2:30pm

Thu

Feb 10-Mar 03

INTRO TO WORD 2

Review basic commands, use special stationary, newspaper columns, create, merge cells, insert and delete rows and columns, sort names and addresses using tables, watermarks, create labels and print envelopes, add comments and resize graphics and pictures. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N) Age: 18Y and up
55969 10am-12pm Tue Mar 08-29

OVERVIEW OF EXCEL

This overview of the Excel spreadsheet program will show you what spreadsheets can do for you! Spreadsheets are an excellent tool to help you organize, perform calculations and interpret data, and generate and maintain databases of names and addresses. The concepts learned in Excel can apply to other spreadsheet software as well. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N) Age: 18Y and up
55955 10am-12pm Tue Feb 08-Mar 01

\$16(R) \$19(N) Age: 18Y and up
54178 10am-12pm Thu Apr 21
55954 10am-12pm Thu Apr 28

BACKING UP DATA

This class will examine backing up data on your PC. What should you back up, how often, and types of back ups will all be discussed. You will practice doing a simple back up to a CD during class. Bring a blank CD. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
54139 10am-12pm Thu Feb 10

FACEBOOK OVERVIEW

Facebook is ranked as the most used social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
54174 10am-12pm Thu Mar 17

FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.



GETTING TO KNOW YOUR DIGITAL CAMERA

Work with your own camera to determine which settings provide the most satisfactory results. Ownership of a digital camera with 3.2 or more megapixels essential. Learn what buttons and dials mean and how to use them. Bring your camera, extra batteries, and instruction book to class. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
54131 10am-12pm Thu Jan 20
54132 10am-12pm Thu Mar 10

GOOGLE PICASA

Google's free download of Picasa instantly finds all pictures on your hard disk. Basic fixes of crop, remove red eye, fix contrast and color will enhance photos easily and fast. Picasa sorts all pictures by dates, or file names and prints wallet size, 4x6, 5x7 or full page photos. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(R) Age: 18Y and up
54175 10am-12pm Thu Mar 31

EMAIL

You will create a free Google gmail account add names and a group of names to the address book, copy a document and /or a picture to the e-mail attach a file save afile, and delete afile. You will compose an e-mail change fonts and font size, add color to the text, and understand why you do not sometimes see the files or the photos sent to you as an attachment. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
54136 10am-12pm Thu Jan 27

CREATE MUSIC FILES ON YOUR COMPUTER

Learn concepts, definitions, and techniques for creating music files on your computer from web downloads and other sources. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
55961 10am-12pm Thu Feb 03
55962 10am-12pm Thu Mar 24

POWERPOINT SLIDESHOW WITH MUSIC

In the classroom we will use a microphone to record your narration with a PowerPoint slideshow. You will use the free audio program Audacity to tailor the music soundtrack duration to be compatible with your slideshow. Min 2/Max 5

North Bellevue Community Center

\$37(R) \$44(N) Age: 18Y and up
55963 12:30-2:30pm Tue Apr 05-26

ON-LINE GENEALOGY

Learn how to research on-line and organize what you find into meaningful groups. Follow the trail blazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent sites that can jumpstart your search for ancestors. Min 2/Max 5

North Bellevue Community Center

\$16(R) \$19(N) Age: 18Y and up
54167 10am-12pm Thu Feb 24
54168 10am-12pm Thu Apr 14

Drop-In & League Sports



DROP-IN SPORTS - YOUTH, ADULT, & FAMILY

BASKETBALL - FAMILY TIME

Bring the family in for some basketball fun. No full or half court games at this time. We'll even lower the baskets for your younger ones to shoot. Min 1/Max 50
South Bellevue Community Center

FREE Age: 5Y and up
1-2:30pm Sat April only
3:15-4pm Sun Ongoing

BASKETBALL - ADULT OPEN GYM

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Min 1/Max 50
South Bellevue Community Center
\$3(R) \$4(N) Age: 18Y and up
Call 425-452-4240 for current schedule

BASKETBALL - DROP-IN

Get great exercise and sharpen your basketball skills. Min 1/Max 1
Highland Community Center
\$3(R) \$4(N) Age: 18Y and up
12-1pm Tue, Thu Ongoing

WOMEN'S BASKETBALL

Women, you've asked for it and now it's here! Join us each week for an opportunity to exercise, have fun, and improve your game. Must be out of high school. No registration required.

Crossroads Community Center
FREE Age: 18Y and up
5:30-7:30pm Thu Ongoing

NOON HOUR HOOPS

Shoot hoops or run full court, while getting fit and enjoying the competition! This drop-in program is for adults 18 and up. Must be out of high school. No registration required.

Crossroads Community Center
FREE Age: 18Y and up
12-2:30pm Mon-Fri Ongoing

FAMILY GAMES DROP-IN

Families, join the fun in our games room! Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. Kids under 7 must be accompanied by an adult. No registration required.

Crossroads Community Center
FREE All Ages
5:30-7:30pm Mon-Fri Ongoing
9am-2pm Sat Ongoing

Adult Sports Leagues



Get a team together and Play!

Looking for a way to get active and meet new people? Bellevue Parks & Community Services offers adult sports leagues tailored to a variety of ability levels. Come with your own team or join others in creating a new team by joining the "interested players list." For more information, contact Shirley Louie at 425-452-4479 or SLouie@bellevuewa.gov. Or, visit us on the Web at http://www.bellevuewa.gov/parks_adult_sports_leagues.htm.

Adult Basketball & Co-Rec Volleyball

Winter Leagues

Registration:
November 1-
December 3, 2010

League Play:
Begins January 10, 2011
Ends March 31, 2011

Spring Leagues

Registration:
March 1-31, 2011

League Play:
Begins April 10, 2011
Ends June 30, 2011

Get fit and active! Sign ups for Spring in progress!

SBCC BADMINTON COURT RENTALS

No waiting to play or sharing the court. You may start booking first thing Monday morning prior to your Sunday rental. You may only book one hour at a time but may obtain an additional hour if one is open the day of your rental. Set-up and take down will be part of the rental responsibilities. Call 425-452-4240 for additional information.

Sundays: 12:15 - 1:15 \$10 per hour
1:15 - 2:15
2:15 - 3:15

FAMILY GYM

This drop-in program is an opportunity for families to spend time in the gym working on skills and improving their game. No teams or organized practices. Children under 7 need to be accompanied by an adult. Does not require registration.

Crossroads Community Center

FREE

11:30am- 2pm Sat

All Ages
Ongoing

BADMINTON - DROP-IN SOUTH BELLEVUE

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30

South Bellevue Community Center

\$3(R) \$4

12:30- 2:30pm Tue, Thu
7- 8:45pm Wed

Age: 18Y and up
Ongoing
Ongoing

BILLIARDS 'N MORE

Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. No registration required.

Crossroads Community Center

FREE

9am- 2:30pm Mon-Fri
5:30- 7:30pm Mon-Fri
9am- 2pm Sat

Age: 18Y and up
Ongoing
Ongoing
Ongoing

DROP-IN EXERCISE

Come out to Highland Community Center for drop-in exercise. Resistive machines and some hand weights available. Treadmill and nu-step also available. No instructor on-site. Drop-in times are Monday – Thursday 2pm-5pm and Friday 12p-5pm. Highland Community Center

\$3(R) \$4(N)

2- 5pm

Age: 18Y and up
Mon-Fri Ongoing

BADMINTON - DROP-IN

Enjoy a little exercise, conversation and competition as you hit the birdie across the net.

Highland Community Center

\$3 \$4(N)

8:45-10:45am Sun

Age: 18Y and up
Ongoing

PICKLEBALL

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before.

South Bellevue Community Center

\$3(R) \$4(N)

10:45am-12:45pm Tue

Age: 18Y and up
Ongoing

VOLLEYBALL - DROP-IN

Bump, set, spike and exercise too! Must be out of high school.

Highland Community Center

\$3(R) \$4(N)

3:30- 5:30pm

Mon, Wed

Age: 18Y and up
Ongoing

TABLE TENNIS

Are you a competitive table tennis player? If so, come join in the competitive play at Crossroads! Tables are provided. Please bring a ball and a paddle. All skill levels are welcome. Youth ages 13-17 are free. No registration required.

Crossroads Community Center

\$4(R) \$5(N)

5:30- 7:30pm Fri
9:15-11:15am Sat

Age: 18Y and up
Ongoing
Ongoing

NON-LEAGUE ADULT SPORTS

GOURMET BIKERS

Join other seniors, and set aside Wednesdays for a day of low-impact exercise, fun, fellowship, and lunch. We will start our rides around 10am and bike for 12-15 miles for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even a winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested.

HIKING CLUB

Like to get out-of-doors, commune with nature, and get some exercise all at the same time? Join our new hiking group at the North Bellevue Community Center. Call Darrion at 425-452-7681 for details.

DROP-IN SPORTS - YOUTH

KID-ZONE BASKETBALL

This is a free drop-in program for youth and teens ages 7-18 to improve their basketball skills! All teens must still be in high school. Kids under 7 need to be accompanied by an adult. No registration required. Min 1/Max 1

Crossroads Community Center

FREE

53743 2:30- 5:30pm
53750 1- 5:30pm

Age: 7Y - 18Y
Mon-Tue, Thu-Fri Jan 03-Jun 17
Wed Jan 05-Jun 15



 **The**
City of Bellevue
Activity
Play Pass



 If found please return to:
450 110th Ave. NE
Bellevue, WA 98004
attn: Parks & Community Services

This card accepted at the following locations:
Crossroads Community Center
Aquatics Center
North Bellevue Community Center
South Bellevue Community Center
Kelley Creek
Highland Community Center
Bellevue Skate Park

Your pass to all your
favorite drop-in
activities.

*Play what you want
where you want.*

For more information contact
parksweb@bellevuewa.gov
425-452-6885



YOUTH SPORTS/FITNESS

The goal of Youth Sports and Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a FUN learning experience and the opportunity to develop lifetime sports and fitness skills.

YOUTH SPORTS BASKETBALL LEAGUE

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst out youth

Practice & League Games: Games will be played beginning the week of February 7, 2011. Parents will be given an information packet outlining their practice times and game schedule. Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season.

Uniforms: Basketball reversible jersey is included in the registration fee. Tennis shoes required.

Volunteer Coaches Needed: Parents are encouraged to attend activities and participate by supporting coaching staff and children. Join the fun! It is a rewarding experience. A coaches' clinic will be held to train all coaches. Save \$\$—volunteer to coach and reduce your fee by \$20. Call 425-452-4627 for more information.

PRACTICE AND GAME SCHEDULES WILL BE COMPLETED BY JANUARY 21. Contact Heather Christoff at HChristoff@bellevuewa.gov with questions regarding schedules.

Participants will be assigned to teams based on the following:

1. Special request for coach.
2. Special request for ONE teammate. Additional requests for teammates will not be considered.
3. Age and gender of participant.

Please note that there are no guarantees regarding requests or team assignments, and all requests must be made BEFORE JANUARY 19, 2011 by e-mail to HChristoff@bellevuewa.gov

Mighty Mites Basketball League

This 3 on 3 league is specially designed to help your child understand the team concept of basketball. Enhancing their dribbling, shooting, passing, and defense. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:30pm depending on scheduling.

\$69(R) \$76(N) Age: 5Y - 6Y
Crossroads Community Center
56440 5:30-7:30pm Mon OR Tue Jan 24-Mar 21

Youth Basketball League

Low-key one day a week 4 on 4 league is full of fun! Play in an environment learning to be a team player and becoming a better individual player. Practice/games are 1 hour in duration and will be held at 5:30pm OR 6:30pm depending on scheduling.

\$69(R) \$76(N) Age: 7Y - 8Y
Crossroads & Highland Comm. Centers
56442 5:30-7:30pm Tue OR Thu Jan 25-Mar 22

Junior Basketball League

Have fun and further develop your skills with knowledgeable coaches and staff.

This one day a week 5 on 5 league is for older kids. Practice/Games are 1 hour in duration and will be held at 4pm, 5pm, 6pm OR 7pm depending on scheduling. \$69(R) \$76(N) Age: 9Y - 12Y

Odle Middle School
56441 4-7pm Wed OR Thu Jan 26-Mar 30

BIDDY SATURDAY SPORTS

Give your child the opportunity to participate in sports through 3 different programs designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or Basketball, or you can sign-up for all three classes. This program is a parent/guardian participation required program, which will offer quality bonding time with your children. Min 10/Max 25

South Bellevue Community Center

\$37(R) \$44(N) Age: 3Y - 6Y

Basketball

56471	11-11:45am	Sat	Jan 22-Feb 12
56472	11-11:45am	Sat	Feb 19-Mar 12
56473	11-11:45am	Sat	Mar 19-Apr 09
56474	11-11:45am	Sat	Apr 16-May 07

Soccer

56456	9-9:45am	Sat	Jan 22-Feb 12
56457	9-9:45am	Sat	Feb 19-Mar 12
56458	9-9:45am	Sat	Mar 19-Apr 09
56459	9-9:45am	Sat	Apr 16-May 07

T-Ball

56447	10-10:45am	Sat	Jan 22-Feb 12
56448	10-10:45am	Sat	Feb 19-Mar 12
56449	10-10:45am	Sat	Mar 19-Apr 09
56450	10-10:45am	Sat	Apr 16-May 07

DREAM TEAM CHEER DANCE TEAM

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 8/Max 35

Highland Community Center

\$52(R) \$58(N) Age: 11Y - 18Y

56408	5-6:30pm	Thu	Jan 06-Feb 10
56409	5-6:30pm	Thu	Feb 17-Mar 31

DREAM TEAM CHEER SQUAD

Be a part of the Bellevue Parks cheer squad! You'll learn dances, cheers, and beginning stunts. There are performance opportunities as well! Dream Team has performed at halftime for the Sonics and Seattle Storm. This is a beginning to intermediate level team. Extra costs may be incurred for this class. Contact instructor with questions. Min 8/Max 35

Highland Community Center

\$52(R) \$58(N) Age: 7Y - 18Y

56396	4-5:30pm	Fri	Jan 07-Feb 11
57005	2-3:30pm	Wed	Jan 05-Feb 09
56397	4-5:30pm	Fri	Feb 18-Apr 01
57006	2-3:30pm	Wed	Feb 16-Mar 30

ATHLETIC CONDITIONING CLINICS BY MAXIMUM SPORTS CONDITIONING

Come join Maximum Sports Conditioning as we facilitate exciting sports training workouts designed to enhance every part of a basketball player's performance. The workouts focus on quickness, jumping ability, strength, injury prevention, core stability and speed. As you probably already know, the competition keeps getting tougher, so the demand for an edge is also increasing. Not only do your sport-specific skills have to be impressive, but your physical abilities to run, jump, accelerate and defend have to be just as remarkable. If you are a basketball player and you need to improve your game, become more fit, get stronger and have some fun, then this program is perfect for you. Min 10/Max 15

Maximum Sports Conditioning - 14320

NE 21st St # 16

\$60(R) \$72(N) Age 12Y and up

56580	Wed	4-5pm	Jan 05-26
56581	Wed	4-5pm	Feb 02-23
56582	Wed	4-5pm	Mar 02-30
56583	Wed	4-5pm	Apr 06-27

INTERMEDIATE (POWER SQUAD)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling, along with advance dance are taught. Pre-requisite: A minimum of one session on Dream Team, concurrent registration on Dream Team, and instructor permission. Min 8/Max 35 Highland Community Center No new students without instructor permission. Minimum of one session of Dream Team.

\$44(R) \$50(N) Age: 8Y - 18Y

56402	3:30-5pm	Wed	Jan 05-Feb 09
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\$44(R) \$50(N) Age: 8Y - 18Y

56403	3:30-5pm	Wed	Feb 16-Mar 30
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DREAM HOOPS

A drop-in basketball program for youth designed by youth and teenagers committed to building self-improvement skills. Youth are invited to come play basketball and develop individual skills in an encouraging environment! For more information, please call Rudy Thomas at 425-452-4874. No registration required. Min 1/Max 1 Crossroads Community Center

FREE Age: 10Y - 12Y

6-7:30pm	Wed	Ongoing
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FREE Age: 7Y - 9Y

6-7:30pm	Tue	Ongoing
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I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30

Highland Middle School Site

\$79(R) \$95(N) Age: 7Y - 10Y

56443	5:50-7pm	Mon	Jan 24-Feb 14
56444	5:50-7pm	Mon	Feb 28-Mar 21

\$79(R) \$95(N) Age: 11Y - 14Y

56445	7:10-8:20pm	Mon	Jan 24-Feb 14
56446	7:10-8:20pm	Mon	Feb 28-Mar 21

INDOOR SOCCER WITH MICHAEL SMITH

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills. Min 6/Max 10

Highland Community Center

Session I

\$54(R) \$65(N) Age: 4Y - 6Y

56545	10-10:45am	Tue	Jan 04-Feb 08
56546	11-11:45am	Tue	Jan 04-Feb 08
56547	1-1:45pm	Tue	Jan 04-Feb 08
56548	2-2:45pm	Tue	Jan 04-Feb 08
56549	1-1:45pm	Thu	Jan 06-Feb 10
56550	2-2:45pm	Thu	Jan 06-Feb 10

Session II

\$54(R) \$65(N) Age: 4Y - 6Y

56551	10-10:45am	Tue	Mar 01-Apr 19
56552	11-11:45am	Tue	Mar 01-Apr 19
56553	1-1:45pm	Tue	Mar 01-Apr 19
56554	2-2:45pm	Tue	Mar 01-Apr 19

\$54(R) \$64(N) Age: 4Y - 6Y

56555	1-1:45pm	Thu	Mar 03-Apr 21
56556	2-2:45pm	Thu	Mar 03-Apr 21

FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

Climbing the Crag at South Bellevue



ROCK OUT & CLIMB UP!

Parents, ask about the new \$180 Rock Party Package! Schedule a birthday party that your kids will not soon forget.

Call 425-452-4240 for more information.

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three top-rope climbing routes with varying degrees of difficulty and a bouldering* wall for your enjoyment. Classes, workshops and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 6 years to climb, 18 years for the belay check test. All climbers must have a signed waiver on file.

One Hour Classes – These classes cover all the basics. Participants are taught how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate with partners effectively. At the completion of this class adults can take a belay check test to earn a belay card. Fees: \$20(R) \$24(N)

Drop-in Belayed Climbing Session – During these times there will be a trained staff member to belay all individuals who wish to climb. Fees: \$7(R) \$9(N) Age: 6Y and up.

* - Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.

Adult Open Climb– Adults with a valid SBCC Belay Card on file are permitted to climb and belay other adult climbers with SBCC belay cards. Bouldering is not permitted. Fees: \$6(R) \$7.50(N) Ages 18 and up.

Belay Check & Test – Individuals' belay skills are checked for accuracy. After earning a belay card, participants will be able to climb and belay other adults with SBCC belay cards during Adult Only Open Climb and drop-in climbing sessions. Fees: \$12(R) \$15(N). Age: 18Y and up.

20 Climb Punch Pass ^{Best Value!} – A punch pass good for 20 visits during regularly scheduled drop-in belayed climbing sessions. Fees: \$110(R) \$130(N) Age: 6Y and up.

Wall Rentals/Parties – Bring you friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups and parties on Thursday nights and Sundays.

Schedule valid **January 2-April 30**. Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center • Climbing Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-7:30pm	Parent/Child Rock Climbing 101 Class 9-10am	AVAILABLE FOR GROUP RENTALS 10:30am-4:30pm
Drop-in Climbing Session 1 3:30-5:30pm	Drop-in Climbing 3:30-5:30pm	Drop-in Climbing 3:30-5:30pm	AVAILABLE FOR RENTALS 5-8pm		Drop-in Climbing Session 1 10am-1pm	Adult Open Climb 10:30am-4:30pm (If no rental scheduled, call first.)
Session 2 6-8:30pm	Rock Climbing 101 Class 6-7pm Adult Open Climb 7:30-8:30pm	Adult Open Climb 5-8:30pm	Adult Open Climb 6-8:30pm (If no rental scheduled, call first.)		Session 2 1:30-4:30pm	

ROCK CLIMBING 101

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

South Bellevue Community Center

\$22(R) \$27(N)	Age: 6Y and up
56108 6-7pm Tue	Jan 04
56109 6-7pm Tue	Jan 11
56110 6-7pm Tue	Jan 18
56111 6-7pm Tue	Jan 25
56112 6-7pm Tue	Feb 01
56113 6-7pm Tue	Feb 08
56114 6-7pm Tue	Feb 15
56115 6-7pm Tue	Feb 22
56116 6-7pm Tue	Mar 01
56117 6-7pm Tue	Mar 08
56118 6-7pm Tue	Mar 15
56119 6-7pm Tue	Mar 22
56120 6-7pm Tue	Mar 29
56121 6-7pm Tue	Apr 05
56122 6-7pm Tue	Apr 12
56123 6-7pm Tue	Apr 19
56124 6-7pm Tue	Apr 26

ROCK CLIMBING 101 FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Min 1/Max 4

South Bellevue Community Center

\$22(R) \$27(N)	Age: 6Y and up
Add'l child: \$11(R) \$13(N)	
56149 9-10am Sat	Jan 08
56150 9-10am Sat	Jan 15
56151 9-10am Sat	Jan 22
56152 9-10am Sat	Jan 29
56153 9-10am Sat	Feb 05
56154 9-10am Sat	Feb 12
56155 9-10am Sat	Feb 19
56156 9-10am Sat	Feb 26
56157 9-10am Sat	Mar 05
56158 9-10am Sat	Mar 12
56159 9-10am Sat	Mar 19
56160 9-10am Sat	Mar 26
56161 9-10am Sat	Apr 02
56162 9-10am Sat	Apr 09
56163 9-10am Sat	Apr 16
56164 9-10am Sat	Apr 23
56165 9-10am Sat	Apr 30



BELLEVUE GOLF COURSE



www.bellevuepgc.com

5500 140th Ave NE
425-452-7250

The Bellevue Golf Course is a fun, challenging layout that is an excellent place to play for golfers of all abilities. Just over 6000 yards, fast smooth greens, strategic bunkering and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- **Online tee time bookings at www.bellevuepgc.com**
- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE
Phone: 425-452-7690
Web: <http://www.bellevuewa.gov/3685.htm>

The Robinswood Tennis Center has been recognized as one of the finest facilities in the country. The facility includes: 4 indoor courts, 4 outdoor lighted courts (6 indoor, 2 outdoor – Winter months), a locker room, mini-pro shop, vending machines, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service. In 2004, the Robinswood Tennis Center was selected as the national public facility of the year by the Professional Tennis Registry.

Contact Robinswood Tennis Center at 425-452-7690 for more information on programs and services. Remember – you can register online 24 hours a day at: www.myparksandrecreation.com

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-4.5. Team tryouts are conducted in June, the season begins in September. New players who missed the try-outs should contact the Head Professional for potential roster openings.

MISCELLANEOUS SERVICES OFFERED

- Our pro shop offers the latest line of tennis rackets to demo or purchase: grips, tennis balls, and other miscellaneous items are also available.
- Our ball machine is available for rental. It's a great way to work on individual strokes.
- Our professional in-house racket re-stringing is available on site. Service is guaranteed in 48 hours.

FACILITY RENTAL

Available for rental for special events, group functions, birthday parties, and other activities. Please call for availability and fees.

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

If you or someone you know is interested in volunteering at Robinswood, contact us about volunteer opportunities.

OUTDOOR TENNIS COURTS

See page 7 for a listing of outdoor tennis courts operated by the City of Bellevue.

ADULT ACTIVITY GROUPS

The Tennis Center supports these rental groups as another opportunity for organized, casual play. For more information please contact the individual coordinator of the specific group. *These programs are not coordinated by the Tennis Center staff*

Mixed Doubles – Monday, 7:30-8:45pm
Coordinator: Cheryl Sandelin,
cdsandelin@aol.com

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

Mountaineers – Friday, 7:15-8:30pm
Coordinator: Greg Kidd, 425-828-8590,
Gregory.Kidd@comcast.net

Men's Doubles – Tuesday/Thursday, 6:15-10pm. Call 425-452-7690.

TENNIS - SPECIALIZED RECREATION

The Specialized Recreation Tennis Class is designed for individuals living with developmental disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 16

Robinswood Tennis Center
\$35 Age: 14Y - 90Y

Session 1

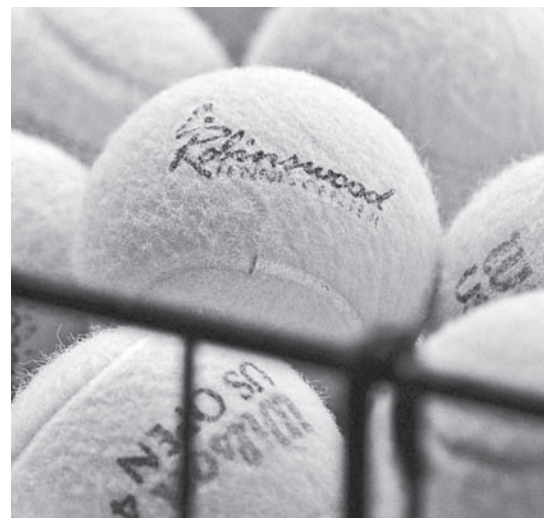
56624 3:45- 4:45pm Wed Jan 05-Feb 16

Session 2

56625 3:45- 4:45pm Wed Feb 23-Apr 06

Session 3

56854 3:45- 4:45pm Wed Apr 13-May 25



* Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.



Adult Tennis Programs

LADIES RECREATIONAL EVENING LEAGUE

Participants register individually. Ability range is 3.0-3.5 NTRP. Doubles match play with weekly rotation of players. Fee covers cost of participation, court rental, tennis balls, and administration by Robinswood staff. Min 8/Max 12
Robinswood Tennis Center

\$66 Age: 19Y and up

Session 1

56755 6:15- 7:30pm Thu Jan 06-Feb 10

Session 2

56756 6:15- 7:30pm Thu Feb 24-Mar 31

Session 3

56757 6:15- 7:30pm Thu Apr 14-May 19

FRIDAY WOMENS' DOUBLES

Competitive Doubles leagues, level 3.5

NTRP: Min 8/Max 20

Robinswood Tennis Center

\$72 Age: 19Y and up

Session 1

56751 9:15-10:30am Fri Jan 07-Mar 11

Session 2

56752 9:15-10:30am Fri Mar 18-May 20

ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8

\$112 Age: 19Y and up

Robinswood Tennis Center

Beginning

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

Session 1

56644 10:30-11:45am Wed Jan 05-Feb 16
56710 7:30- 8:45pm Mon Jan 03-Feb 14
56712 7:30- 8:45pm Wed Jan 05-Feb 16

Session 2

56645 10:30-11:45am Wed Feb 23-Apr 06
56713 7:30- 8:45pm Mon Feb 21-Apr 04
56711 7:30- 8:45pm Wed Feb 23-Apr 06

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.0-2.5

Session 1

56626 10:30-11:45am Tue Jan 04-Feb 15
56627 11:45am- 1pm Wed Jan 05-Feb 16
56686 8:45-10pm Mon Jan 03-Feb 14
56687 8:45-10pm Wed Jan 05-Feb 16

Session 2

56628 10:30-11:45am Tue Feb 22-Apr 05
56629 11:45am- 1pm Wed Feb 23-Apr 06
56688 8:45-10pm Mon Feb 21-Apr 04
56689 8:45-10pm Wed Feb 23-Apr 06

Intermediate

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies. USTA Level of 3.0-3.5

Session 1

56650 11:45am- 1pm Mon Jan 03-Feb 14
56651 10:30-11:45am Thu Jan 06-Feb 17
56726 7:30- 8:45pm Tue Jan 04-Feb 15
56727 7:30- 8:45pm Thu Jan 06-Feb 17

Session 2

56728 7:30- 8:45pm Tue Feb 22-Apr 05
56729 7:30- 8:45pm Thu Feb 24-Apr 07
56652 11:45am-1pm Mon Feb 21-Apr 04
56653 10:30- 11:45am Thu Feb 24-Apr 07

Advanced

Participants in the Advanced class will be working on more advanced drills and strategy for singles/doubles play. Should be at least 4.0 USTA Level or above.

Session 1

56668 8:45-10pm Tue Jan 04-Feb 15
56669 8:45-10pm Thu Jan 06-Feb 17

Session 2

56670 8:45-10pm Tue Feb 22-Apr 05
56671 8:45-10pm Thu Feb 24-Apr 07

Advanced Doubles

Advanced Doubles drills emphasizing: working with partner, positioning, movement, and strategy. USTA Level of 3.0 or above

Session 1

56638 11:45am- 1pm Mon Jan 03-Feb 14

Session 2

56639 11:45am- 1pm Mon Feb 21-Apr 04

WEEKDAY FLIGHTS

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16
Robinswood Tennis Center

Age: 19Y and up

Tennis - Weekday Flight - Level A

Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

Session 1

56807 9-10:30am Mon Jan 03-Mar 14 \$80

Session 3

56808 9-10:30am Mon Mar 28-Jun 06 \$80

Tennis - Weekday Flight - Level B

Level B is USTA NTRP Level 3.5 and Seattle Area Cup level Rainier to Challenge.

Session 1

56810 9-10:30am Wed Jan 05-Mar 16 \$88

Session 3

56811 9-10:30am Wed Mar 30-Jun 08 \$88

Tennis - Weekday Flight - Level C

Level C is USTA NTRP Level 3.0 to 3.5 and Seattle Area Cup level Rainier to Classic.

Session 1

56813 1- 2:30pm Mon Jan 03-Mar 14 \$80

Session 3

56814 1- 2:30pm Mon Mar 28-Jun 06 \$80

Tennis - Weekday Flight - Level D

Level D is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic.

Session 1

56816 9-10:30am Tue Jan 04-Mar 15 \$88

Session 3

56817 9-10:30am Tue Mar 29-Jun 07 \$88

Tennis - Weekday Flight - Level E

Level E is USTA NTRP Level 2.5 to 3.0 and Seattle Area Cup level Evergreen to Emerald.

Session 1

56819 9-10:30am Thu Jan 06-Mar 17 \$88

Session 3

56820 9-10:30am Thu Mar 31-Jun 09 \$88

Tennis - Weekday Flight - Level F

Level F is US Tennis Association NTRP Level 2.5 and Seattle Area Cup level Evergreen.

Session 1

56822 1- 2:30pm Thu Jan 06-Mar 17 \$88

Session 3

56823 1- 2:30pm Thu Mar 31-Jun 09 \$88

Youth Tennis Programs

SATURDAY YOUTH GROUP LESSONS

CLASS DESCRIPTIONS:

Little Lobbers: Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

Session 1

56795 11-11:45am Sat Jan 08-Feb 19 \$78

Session 2

56796 11-11:45am Sat Feb 26-Apr 09 \$78

Session 3

56797 11-11:45am Sat Apr 16-May 28 \$78



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1

Residents: November 8, 2010

Non-Residents: November 17, 2010

Session 2

Residents: January 31, 2011

Non-Residents: February 9, 2011

Session 3

Residents: February 28, 2011

Non-Residents: March 9, 2011

Beginning I: Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

Session 1

56773 1-2pm Sat Jan 08-Feb 19 \$84

Session 2

56774 1-2pm Sat Feb 26-Apr 09 \$84

Session 3

56775 1-2pm Sat Apr 16-May 28 \$84

Beginning II: Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

Session 1

56783 2-3pm Sat Jan 08-Feb 19 \$84

Session 2

56784 2-3pm Sat Feb 26-Apr 09 \$84

Session 3

56785 2-3pm Sat Apr 16-May 28 \$84

Advanced Beginning I: Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

Session 1

56761 3-4pm Sat Jan 08-Feb 19 \$84

Session 2

56762 3-4pm Sat Feb 26-Apr 09 \$84

Session 3

56763 3-4pm Sat Apr 16-May 28 \$84

Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1

56767 4-5pm Sat Jan 08-Feb 19 \$84

Session 2

56768 4-5pm Sat Feb 26-Apr 09 \$84

Session 3

56769 4-5pm Sat Apr 16-May 28 \$84

Intermediate: Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

Session 1

56789 10-11am Sat Jan 08-Feb 19 \$84

Session 2

56790 10-11am Sat Feb 26-Apr 09 \$84

Session 3

56791 10-11am Sat Apr 16-May 28 \$84

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

Session 1

56801 5-6pm Sat Jan 08-Feb 19 \$84

Session 2

56802 5-6pm Sat Feb 26-Apr 09 \$84

Session 3

56803 5-6pm Sat Apr 16-May 28 \$84

TENNIS TEAMS

Robinswood offers four different levels of tennis teams for Bellevue youth. Teams are offered for youth who have progressed past the Saturday Youth Intermediate level. Min 16/Max 36.

Robinswood Tennis Center

Age: Up to 17Y

Team 1- Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box.

Session 1

56825 3:45-5pm Tue, Thu Jan 04-Feb 24 \$198

Session 2

56826 3:45-5pm Tue, Thu Mar 01-Apr 21 \$198

Team 2 - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

Session 1

56833 5-6:15pm Tue, Thu Jan 04-Feb 24 \$198

Session 2

56834 5-6:15pm Tue, Thu Mar 01-Apr 21 \$198

Varsity - Advanced Level class is geared for High School and USTA Challenger/Champs competitors. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

Session 1

56847 5-6:15pm Mon, Wed Jan 03-Feb 25 \$248
4:45-6pm Fri

Session 2

56848 5-6:15pm Mon, Wed Mar 02-Apr 25 \$248
4:45-6pm Fri

Tournament - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

Session 1

56840 3:45-5pm Mon, Wed Jan 03-Feb 25 \$248
3:30-4:45pm Fri

Session 2

56841 3:45-5pm Mon, Wed Mar 02-Apr 25 \$248
3:30-4:45pm Fri



FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook!

Resources for Older Adults



NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

The Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am to 6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information. http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm

SOUTH BELLEVUE COMMUNITY CENTER, OLDER ADULT PROGRAMS

14509 SE Newport Way • 425-452-4240

As we develop programs, we want to hear from you as to what you would like to find at South Bellevue Community Center. Give us a call at 425-452-4240, email us at sbcc@bellevuewa.gov, or better yet come visit us!

RESOURCES & INFORMATION

Available at North Bellevue Community Center, unless otherwise indicated.

CARE

ADULT ABUSE PREVENTION

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

SENIOR HOUSING

SNAP for Seniors, a comprehensive online housing resource at www.snapforseniors.com. Independent living listings through all levels of care, including Alzheimer's and dementia housing resources.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccsww.org.

ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

EVERGREEN CARE NETWORK

Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

HEALTH

SEATTLE MENTAL HEALTH

Counseling, Psychiatric Evaluations, Medication Management, Day Treatment Services, Case Management, and Support Groups. Call 425-653-4900.

OVERLAKE HOSPITAL SENIOR CARE

Programs and services for seniors. Call 425-688-5800 for more information.

BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

IMMIGRANT SERVICES CHINESE SERVICES

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

SPANISH SERVICES

Sea Mar Community Health Center co-sponsors a variety of services to Latino Seniors at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bilingual education, healthcare information, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

MEALS/FOOD DELIVERY LUNCHES

Hot meals sponsored by Catholic Community Services available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

SUPPORT GROUPS/MEETINGS YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information call Carin Mack 206-230-0166.

NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

PROBUS

Retired & semi-retired professional/business person. 3rd Thursday of each month at 9am. For more information, call 425-861-0596.

P.O.W.S

Prisoners of Foreign Wars. 4th Tuesday of each month at noon. For more information, call Jim Keeffe 425-747-4444.

TRANSPORTATION ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

VOLUNTEER OPPORTUNITIES SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and job descriptions.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Newcomer Social Committee
- Entertainment
- "Powerful Tools for Caregivers" Instructors

INTERGENERATIONAL READING PROGRAM

Help a child learn to read at Sherwood Forest Elementary School. Co-sponsored by RSVP Reading Challenge Program. For more information call 425-869-5857.

RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

EYEGLASS DONATIONS

Eyeglasses collection at North Bellevue Community/Senior Center for recycling to low-income persons via local eyewear stores.

BELLEVUE NETWORK ON AGING

Meetings are generally held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit http://www.bellevuewa.gov/network_on_aging.htm.

SPECIAL EVENTS

SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100 North Bellevue Community Center \$3 Age: 18Y and up

Veteran's Day			
44654	2-4pm	Tue	Nov 09
Celebrate Snow			
44655	2-4pm	Tue	Dec 14
New Year's Dance			
55943	2-4pm	Tue	Jan 11
Sweetheart Dance			
55944	2-4pm	Tue	Feb 08
St. Patrick's Dance			
55945	2-4pm	Tue	Mar 08
Spring Fling Dance			
55946	2-4pm	Tue	Apr 12

EVENTS - HOLIDAY BALL

Enjoy an evening of fun and the songs of the season with 'Sounds of Swing' Band. USA Dance will be here to teach a lesson from 7:30-8:15, followed by dancing to all the big band favorites and holiday standards. Min 10/Max 200

North Bellevue Community Center \$10 Age: 18Y - 100Y
46911 7-10:30pm Sat Dec 18

Resources for Older Adults



EVENTS - HOLIDAY LUNCHEON

Join the North Bellevue Community Center's staff and Volunteers as we serve you a festive holiday meal. Enjoy seasonal music preceeding. Please pre-register by December 10. Min 10/Max 100

North Bellevue Community Center

\$5(R) \$5(N) Age: 18Y and up
44668 11:30am- 2pm Wed Dec 15

EVENTS - THANKSGIVING LUNCHEON

Join the North Bellevue Community Center staff and Boeing employees as we serve you a delicious turkey and trimmings feast. Entertainment provided. Please pre-register by November 10. Min 10/Max 100

North Bellevue Community Center

\$5(R) \$5(N) All Ages
44667 11:30am- 2pm Wed Nov 17

VOLUNTEER RECOGNITION CELEBRATION

This is a very special event to honor all the wonderful people who volunteered their time and talents for the North Bellevue Community/Senior Center in 2010. Watch for your invitation in the mail. Co-sponsored by the Bellevue Firefighters Community Support Foundation. Min 25/Max 120

North Bellevue Community Center

FREE Age: 18Y and up
55952 11:30am- 1pm Wed Feb 09

ST. PATRICK'S DAY LUNCHEON

Join us in being 'Irish for a day'! Wear your favorite green outfit and enjoy a traditional Irish meal. We'll play some Irish music and sing some favorite Irish songs. Your 'Irish Eyes' are sure to be smiling! Co-sponsored by Catholic Community Services. \$3 suggested donation payable at the door. Min 30/Max 60

North Bellevue Community Center

FREE Age: 60Y and up
54547 11:30am- 1pm Wed Mar 16

SPRING FLING LUNCHEON

Celebrate Springtime with a tasty lunch, bingo and doorprizes. We will also have a crazy-hat contest and fashion parade of the entries. \$3 suggested donation, payable at the event. Co-sponsored by Catholic Community Services. Pre-registration required by March 28. Min 25/Max 90

North Bellevue Community Center

Celebrate Springtime with a tasty lunch, bingo and doorprizes.

FREE All Ages
54546 11:30am- 1:30pm Wed Apr 06



SPECIALIZED RECREATION

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Specialized Recreation Program to provide people who have disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

SPECIALIZED PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

ALS ASSOCIATION OF WESTERN WASHINGTON

Provides support for those living with ALS, their families, loved ones, and anyone who is interested in learning about the disease.

When: 4th Thursday of each month
6:30-8:30pm

Contact: Carl Moore, 425-656-1650

ALS CAREGIVER SUPPORT GROUP

When: 2nd Saturday of each month
9:30-11:30am

Contact: Carl Moore, 425-656-1650

DISABLED AMERICAN VETERANS

(Chapter 43)

When: 1st Sat. of each month,
11:30am-2:30pm

Contact: Art Dammicoehler,
425-455-1831

FEAT- FAMILIES FOR EARLY AUTISM TREATMENT

Once a month play group and social activities for children with autism.

When: 2nd Sat. of each month,
9:30am-1pm

Contact: Judy Weiser, 425-868-6810

KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Margaret Lee Thompson,
206-364-6544

2nd Tuesday of each month.

DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS

Contact: Anne Mullis, 206-842-9027
Call for schedule.

SPECIAL SATURDAY CLUB

Camp Fire brings you a day of songs, crafts and fun for kids with developmental disabilities. Pre-registration is required. Call the Camp Fire office at 206-461-8550 x228 for details and registration forms.

When: 1st Saturday of each month

ADDITIONAL SPECIALIZED RECREATION AREAS OF INTEREST

Check out these Bellevue Parks & Community Services specialized programs too!

TENNIS FOR THOSE USING WHEELCHAIRS

Robinswood Tennis Center. See the tennis section for more details.

TENNIS FOR THOSE LIVING WITH DEVELOPMENTAL DISABILITIES

Robinswood Tennis Center. See the tennis section for more details.

AQUATIC THERAPY GROUPS

Includes Multiple Sclerosis Society & lessons for those living with a disability
Bellevue Aquatic Center

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

EVENTS

DANCE - HOLIDAY BALL

Get out your holiday best and plan an elegant evening or just come as you are. Bring a non-perishable food donation to be given to the Multi-Service Center food bank to help during the holiday season. For teens and adults with developmental disabilities. Must register for dance. Min 50/Max 150

Highland Community Center

\$8(R) \$10(N) Age: 16Y and up
44899 7-9:30pm Fri Dec 10

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 30/Max 60

Highland Community Center

FREE Age: 16Y - 99Y
54753 5-6pm Thu Jan 20
54754 5-6pm Thu Feb 17
54755 5-6pm Thu Mar 17
54756 5-6pm Thu Apr 21

DISCO FEVER DANCE

Come and show us your Disco Fever! Dance to the greatest and latest disco music. Min 50/Max 200

Highland Community Center

\$8 \$8 \$10 Age: 16Y - 99Y
54714 7-9:30pm Fri Feb 11

PROGRAMS: PHYSICAL DISABILITY EXERCISE CLASS

Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. All classes are designed only for those living with physical disabilities.

No Class on Holidays. Min 6/Max 9

Highland Community Center

\$105(R) \$132(N) Age: 21Y and up
54735 9:15-10:15am Mon, Wed, Fri Jan 03-Mar 25
54736 10:30-11:30am Mon, Wed, Fri Jan 03-Mar 25
54737 11:45am-1:15pm Mon, Wed Jan 03-Mar 23

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00(tax included) for residents and \$4 for non-residents per visit. Payable at the front office. Meets first two Saturdays of each month. Min 1/Max 1

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
54759 12-3pm Sat Jan 08-Mar 26

WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. A small drop-in fee is charged per week. Bring your own chair for this challenging workout. Min 1/Max 1
Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
54757 7-9pm Wed Jan 05-Mar 23

PROGRAMS: DEVELOPMENTAL DISABILITY

See Specialized Recreation registration forms for details on program dates/times and to register

ADULT ADVENTURE EDUCATION

This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. Bellevue, Mercer Island and Kirkland interlocal contract residents only. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing.

ADULT ART/RAFTS

This class offers hands-on creative experience with hand-crafted results that await your artistic touch.

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class for adults and adults with disabilities.

BASKETBALL - ADULT

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments.



BINGO

Reinforce your concentration skills while trying your luck winning prizes (no Money). Not everyone will win but the anticipation will keep you on the edge of your seat.

BOWLING - ADULT

Provides a little exercise, some skill development and a whole lot of quality socializing. Held at SunVilla Lanes in Bellevue. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to AMF for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for AMF.

BRIDGE OF PROMISE ACADEMY

In partnership with Bellevue Parks & Community Services, Bridge of Promise is offering a mid-day skill and social development program. This program is for adults with developmental disabilities of all abilities with focus on learning, social and personal development, music training, art and becoming employment ready all will be taught through enriching, hands-on, community based activities. Instruction will be individualized to the participant's needs and goals. Instructors are all certified to provide personal care assistance if needed. Come join us and have so much fun you won't even know that you are learning. Call 206-437-3975 for fee schedule and to register.

COOKING WITH EASE

Learn basic cooking techniques for a nutritious entree. Each participant will experience a taste of the evenings creation, but not a full meal, along with a copy of the recipe.

KITCHEN KAPERS

Learn the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. This is a specialized program for adults and adults with disabilities.

SWING LINE DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is a specialized recreation activity.

FRIDAY NIGHT OUT

Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$9.50 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater.

FULL FITNESS FUN

You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. We will have prizes for exercise goals met. This class will require commitment to do some form of exercise two times outside of class time. You will also exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. We will learn how to make good choices in restaurants that taste good. Let's get fit!

HIGHLAND HANGOUT

Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 12-week period, at one low price. Bring your snacks and independence each day as both are required for this program.

HIGHLAND PLAYERS DRAMA

Learn to perform in front of a live audience, acquire acting skills, develop voice projection, and increase your self confidence by engaging in this drama program. No Class on Holidays.

MOVIE TIME

This is your opportunity to share and enjoy your favorite movies while relaxing with friends over dinner. Please no microwave dinners. Movie ratings are limited to PG13 and will be voted on by the class for viewing.

SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities designed to positively challenge your skills, provide socialization and relaxation from life's stress.

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. This is a specialized program for adults and adults with disabilities. Materials included.

CHEERLEADING

Be part of a cheerleading squad and come learn new skills and work as a team. This team will be part of the Eastside Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to teens and adults. Tuition includes a Dream team elite T-Shirt. Participation in performances is optional.

AFTER-SCHOOL PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday you will play with food, Tuesday will be exercise while sightseeing via urban hiking trips, Thursdays are planned for peer socializing and Fridays you will get some light exercise and water play at the Bellevue Aquatic Center. All programs are for kids ages 6-18 living with developmental disabilities. (Additional fees charged for the swimming program)

Registration–Highland Center Specialized Recreation

Participant Name: _____

☐ Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Programs at Highland Center - 425-452-7686

		Course #	Title	Rates	Days	Time	Dates
<input type="checkbox"/>		54661	Adult Adventure Ed	R \$210 N \$263	Wed	9:30a-3:00p	1/5 -3/9
<input type="checkbox"/>		54671	Adult Bowling	R \$42 N \$53	Sat	9:30a-11:30a	1/8-3/12
<input type="checkbox"/>		54688	Cheerleading	R \$63 N \$79	Wed	7:00p-8:00p	1/5-3/9
<input type="checkbox"/>		54665	Adult-Crafts	R \$40 N \$50	Fri	1p-2:30p	1/7-3/11
<input type="checkbox"/>		54675	Swing line Dance	R \$40 N \$50	Tue	7:00p-8:30p	1/4-3/8
<input type="checkbox"/>		54676	Highland Players Drama	R \$40 N \$50	Mon	7:00p-8:30p	1/3-3/7
<input type="checkbox"/>		54680	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	1/7
<input type="checkbox"/>		54687	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	2/18
<input type="checkbox"/>		54688	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	3/11
<input type="checkbox"/>		54692	Full Fitness Fun	R \$74 N \$93	Tu/Th	5:00p-7:00p	1/4-3/10
<input type="checkbox"/>		54696	Movie time	R \$32 N \$40	Mon	5:00p-7:00p	1/3-3/7
<input type="checkbox"/>		54697	Movie time	R \$40 N \$50	Wed	5:00p-7:00p	1/5-3/9
<input type="checkbox"/>		54703	Social Club	R \$32 N \$40	Mon	7:00p-8:30p	1/3-1/7
<input type="checkbox"/>		54704	Social Club	R \$40 N \$50	Wed	7:00p-8:30p	1/5-3/9
<input type="checkbox"/>		54710	Adult Basketball	R \$58 N \$73	Tu/Th	7:00p-8:30p	1/4-3/10
<input type="checkbox"/>		54753	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	1/20
<input type="checkbox"/>		54754	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	2/17
<input type="checkbox"/>		54755	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	3/17
<input type="checkbox"/>		54756	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	4/21
<input type="checkbox"/>		54711	Cooking with Ease	R \$70 N \$88	Thur	5:00p-7:00p	1/6-3/10
<input type="checkbox"/>		54714	Disco Fever Dance	R \$8 N \$10	Fri	7p-9:30p	2/11
<input type="checkbox"/>		54715	Bingo	R \$40 N \$50	Thurs	7:00p-8:30p	1/6-3/10
<input type="checkbox"/>		54719	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	1/3-3/24

YOUTH Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	54723	Fun with Friends	R \$43 N \$54	Mon	2:30p-5:00p	1/3-3/7
<input type="checkbox"/>	54725	Youth Adventure	R \$53 N \$67	Tue	2:30p-5:00p	1/4-3/8
<input type="checkbox"/>	54726	Thursday Teen Club	R \$53 N \$67	Thurs	2:30p-5:00p	1/6-3/10
<input type="checkbox"/>	54724	Friday Swimming	R \$53 N \$67	Fri	2:30p-5:00p	1/7-3/11

ADULT Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	54735	Exercise	R \$105 N \$132	M/W/F	9:15am-10:15am	1/3-3/25
<input type="checkbox"/>	54736	Exercise	R \$105 N \$132	M/W/F	10:30am-11:30am	1/3-3/25
<input type="checkbox"/>	54737	Exercise	R \$105 N \$132	M/W	11:45-1:15pm	1/3-3/23
<input type="checkbox"/>	56419	Kitchen Kapers	R \$95 N \$110	Fri	12:15-1:30pm	1/18-3/18
<input type="checkbox"/>	56420	Kitchen Kapers	R \$95 N \$110	Fri	12:15-1:30pm	4/15-6/10
<input type="checkbox"/>	54643	Stoneware Creations	R \$180 N \$214	Thur	1-3pm	1/6-2/24
<input type="checkbox"/>	54644	Stoneware Creations	R \$180 N \$214	Thur	1-3pm	3/10-4/28
<input type="checkbox"/>	54645	Stoneware Creations	R \$180 N \$214	Thur	1-3pm	5/12-7/7
<input type="checkbox"/>	54648	Glass Fusion	R \$180 N \$214	Thur	1-3pm	1/6-2/24
<input type="checkbox"/>	54649	Glass Fusion	R \$180 N \$214	Thur	1-3pm	3/10/4/28
<input type="checkbox"/>	54650	Glass Fusion	R \$180 N \$214	Thur	1-3pm	5/12-7/7



Please fill out and sign participant information on page 62.

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Registration—Highland Center Specialized Recreation

Please fill out and sign participant information on page 62.

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: _____		<input type="checkbox"/> Bill DDD						
Caseworker Name for DDD _____		Kent / Seattle (Circle One)						
ADULT Programs at Highland Center - 425-452-7686								
 	<input type="checkbox"/>	Course #	Title	Rates	Days	Time	Dates	
	<input type="checkbox"/>	54662	Adult Adventure Ed	R \$210 N \$263	Wed	9:30a-3:00p	3/30-6/1	
	<input type="checkbox"/>	54672	Adult Bowling	R \$42 N \$53	Sat	9:30a-11:30a	4/2-6/4	
	<input type="checkbox"/>	54669	Cheerleading	R \$63 N \$79	Wed	7:00p-8:00p	3/30-6/1	
	<input type="checkbox"/>	54666	Adult-Crafts	R \$40 N \$50	Fri	1p-2:30p	4/1-6/3	
	<input type="checkbox"/>	56878	Country line Dance	R \$40 N \$50	Tue	7:00p-8:30p	3/29-5/31	
	<input type="checkbox"/>	54677	Highland Players Drama	R \$48 N \$60	Mon	7:00p-8:30p	3/28-5/23	
	<input type="checkbox"/>	54689	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	4/1	
	<input type="checkbox"/>	54690	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	4/22	
	<input type="checkbox"/>	54691	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	5/20	
	<input type="checkbox"/>	54693	Full Fitness Fun	R \$74 N \$93	Tu/Th	5:00p-7:00p	3/29-6/2	
	<input type="checkbox"/>	54698	Movie time	R \$40 N \$50	Mon	5:00p-7:00p	3/28-5/23	
	<input type="checkbox"/>	54699	Movie time	R \$40 N \$50	Wed	5:00p-7:00p	3/30-6/1	
	<input type="checkbox"/>	54705	Social Club	R \$40 N \$50	Mon	7:00p-8:30p	3/28-5/23	
	<input type="checkbox"/>	54706	Social Club	R \$40 N \$50	Wed	7:00p-8:30p	3/30-6/1	
	<input type="checkbox"/>	56879	Adult Track	R \$58 N \$73	Tu/Th	7:00p-8:30p	3/29-6/2	
	<input type="checkbox"/>	56880	Adult Soccer	R \$58 N \$73	Tu/Th	7:00p-8:30p	3/29-6/2	
	<input type="checkbox"/>	56881	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	5/19	
	<input type="checkbox"/>	56882	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	6/16	
	<input type="checkbox"/>	54712	Cooking with Ease	R \$70 N \$88	Thur	5:00p-7:00p	3/31-6/2	
	<input type="checkbox"/>	56883	Barn Dance	R \$8 N \$10	Fri	7p-9:30p	5/6	
	<input type="checkbox"/>	54716	Bingo	R \$40 N \$50	Thurs	7:00p-8:30p	3/31-6/2	
	<input type="checkbox"/>	54720	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	3/28-6/16	
	YOUTH Programs at Highland Center - 425-452-7686							
	<input type="checkbox"/>	54730	Fun with Friends	R \$53 N \$67	Mon	2:30p-5:00p	3/28-5/23	
	<input type="checkbox"/>	54728	Youth Adventure	R \$53 N \$67	Tue	2:30p-5:00p	3/29-5/31	
	<input type="checkbox"/>	54729	Thursday Teen Club	R \$53 N \$67	Thurs	2:30p-5:00p	3/31-6/2	
<input type="checkbox"/>	54727	Friday Swimming	R \$53 N \$67	Fri	2:30p-5:00p	4/1-6/3		
ADULT Programs at Highland Center - 425-452-7686								
<input type="checkbox"/>	54738	Exercise	R \$105 N \$132	M/W/F	9:15am-10:15am	3/28-6/17		
<input type="checkbox"/>	54739	Exercise	R \$105 N \$132	M/W/F	10:30am-11:30am	3/28-6/17		
<input type="checkbox"/>	54740	Exercise	R \$105 N \$132	M/W	11:45-1:15pm	3/28-6/15		

Registration Steps

10-day Registration Preference for Bellevue Residents • Registration Begins November 8, 2010

MAIL-IN/FAX/WALK-IN REGISTRATION

Mail completed registration forms to:
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012
or FAX to 425-452-2910.

Registration forms may be dropped off at Bellevue City Hall or any recreation facility during normal business hours. *Walk-in registration forms will be placed in queue.*

*Non-resident registrations are not accepted prior to the first day of non-resident registration.
Registrations received from non-Bellevue residents will be accepted, beginning November 17, 2010.*

PHONE-IN

Telephone
Registration
begins
November 22,
2010.

Registration Policies

REGISTRATION PRIORITY: The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted Monday-Friday 8-5 at Bellevue City Hall, online at MyParksAndRecreation.com, or during normal operating hours at other program sites.

Due to an interlocal agreement with King County, all registrations for programs at South Bellevue Community Center are processed in the order received.

REGISTRATION CONFIRMATION: Confirmation notices are mailed after registration has been processed.

PAYMENT: Payment is accepted in Cash, checks, or Visa/MasterCard only. Payment for all programs except day camps is due in full at the time of registration. Scholarship application is required prior to registration.

Scholarship Participants: See scholarship information below.

General Recreation Programs and Mini-Camps: Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship. Payment is accepted in Cash, checks, or Visa/MasterCard.

Day Camps: Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of the session.

CREDIT CARD: Include credit card number and expiration date on registration form.

CHECKS: All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (Adm. Order 53).

REFUNDS: Classes cancelled by the City will result in a 100% refund of program fees. No refunds are available for programs costing less than \$10. No refunds or credits will be issued on or after the first day of the program.

General Recreation Programs/Mini-Camps: A refund is granted if the withdrawal is made at least five (5) business days prior to the start of class, less a \$10 administrative fee per participant, per program. Class withdrawals requested less than five (5) business days prior to class will result in a refund of 50% of the program fee, less a \$10 administrative fee, per participant, per program.

Day Camps: A refund is granted if the withdrawal is made at least seven (7) business days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than seven (7) business days prior to camp will result in a refund of 50% of the program fee, per participant, per program. No transfers will be allowed within seven (7) business days of the start of camp.

SCHOLARSHIPS: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 79 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

LARGE PRINT: *Copies of the Connections are available upon two business days request at Bellevue Parks & Community Services Office.*

Specialized Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGES 59 & 60. Please use this form when registering for Specialized Recreation classes.

AUDIO-TAPE: A loan copy will be available upon request within 48 hours notice from the Bellevue Parks & Community Services Office. We advise individuals to request specific sections of the Community Services Brochure so that information will be functional to the listener.

READERS: Are available over the phone or in person from any program area. Call the appropriate program office and a staff person will read the requested sections.

ADA: The City will provide reasonable accommodations. This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For Bellevue Parks & Community Services programs please contact Kim Indurkar, Inclusion Coordinator 425-452-7686.

RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by the Department of Planning and Community Development records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Department of Planning and Community Development.

EQUAL OPPORTUNITY STATEMENT: The U.S. Department of the Interior strictly prohibits discrimination on the basis of race, color, national origin, age or handicap in its federally-assisted programs and activities. If anyone believes he or she has been discriminated against in a Bellevue Parks & Community Services program, activity or facility, he or she may file a complaint alleging discrimination with Bellevue Parks & Community Services or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C., 20240.

The City of Bellevue prohibits sex discrimination in the operation or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Bellevue for a community athletic program are also prohibited from discriminating on the basis of sex. In addition, the City of Bellevue does not discriminate on any other basis provided by Federal or State law. If you have questions or wish to file a complaint, contact Jon Wilson at JSWilson@bellevuewa.gov, or 425-452-4278.



10-day Registration Preference for Bellevue Residents • Registration Begins November 8, 2010

For more information please call 425-452-6885 • FAX: 425-452-2910

See [Registration Steps](#) Page 61.

Mail completed form to: Bellevue Parks Registration ; PO Box 90012; Bellevue, WA 98009-9012 • Make checks payable to City of Bellevue

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

E-Mail Address _____ ☐ Private Use Only

() ()

Work Phone _____ Home Phone _____



**Sign up to receive
e-alerts via email!**

Visit www.bellevuewa.gov
and click on the e-Alerts icon
for options and available lists.

Participant's Name	Use Scholarship?*	Date of Birth	M/F	Class Number	Class Title	Fee	Alternate Class No.
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	

Donation \$ _____ Designated area: _____ (we will contact you for clarification if needed)

Request for Accommodations: _____

*For scholarship information, call 425-452-6885, or see page 63.

Scholarship applications must be approved prior to registration.

Payment Details Payment due in full at time of registration

Payment Method

☐ Check ☐ D.D.D. (send to Highland)

☐ Credit Card Total Fee: \$ _____



Card Number _____

Expiration Date _____

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning November 17, 2010.

Mail completed form to:

Bellevue Parks Registration; P.O. Box 90012; Bellevue, WA 98009-9012

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the extent provided by law, in consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in City-sponsored activities, I assume all risks, including risk of injury or death, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in City-sponsored activities. I acknowledge that I have carefully read this Waiver of Liability and fully understand that I am waiving any right that I may have to bring a legal action to assert a claim against the City of Bellevue for negligence.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video recordings taken of me or my child(ren) for publicity purposes during City of Bellevue activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

To be eligible for a scholarship **you must reside within the city limits of Bellevue** and meet the family size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$350 per person, per year. Eligible residents will be **required to provide proof of identification, residency, and income**. **Copies** of your original income and residency verification documents should be attached to the completed application, and will not be returned. Scholarship applications must be approved **prior** to registration.

ACCEPTABLE FORMS OF BACK-UP INFORMATION:

PROOF OF IDENTITY: driver's license, ID card, or passport. **PROOF OF RESIDENCY:** utility bill or rental lease agreement.

PROOF OF INCOME: most current tax return, most current paycheck stub, DSHS check stubs, SSI statement.

*A scholarship application alone does not register the participant, nor does it reserve space in a program.
Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.*

Parent/Guardian First Name	Parent/Guardian Last Name	Date of Birth	Male/Female
Family Member First Name	Family Member Last Name	Date of Birth	Male/Female

Address: _____
City: _____ State: _____ ZIP Code: _____
Phone: (Work) _____ (Home) _____
E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	\$14,079	\$18,941	\$23,803	\$28,665	\$33,527	\$38,389	\$43,251	\$48,113
3/4 Scholarship	\$17,058	\$22,948	\$28,839	\$34,729	\$40,620	\$46,510	\$52,401	\$58,291
1/2 Scholarship	\$20,036	\$26,955	\$33,874	\$40,793	\$47,712	\$54,631	\$61,550	\$68,469

Example: If your family size is two and your income is \$18,941 or less you are eligible for a full scholarship.

If your income exceeds these guidelines please briefly describe your personal circumstances:

I certify that the above information is correct to the best of my knowledge. I reside within the city limits of Bellevue, and I understand that any additional fees (i.e., supply fees, late fees for Day Camp Programs) are my own responsibility.

Signature: _____ Date: _____

Office Use Only: Date _____ Yr _____	Approved By (Print): _____ Initial: _____
<input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception	Comments: _____
Circle One: 50% 75% 100%	_____
Staff: _____	_____ <input type="checkbox"/> ID <input type="checkbox"/> RES <input type="checkbox"/> INC

Special Events



SPECIAL EVENTS

CROSSROADS THANKSGIVING DINNER

A free Thanksgiving dinner is provided for our neighbors in need. Come early to enjoy holiday arts and crafts at 5:30pm. Dinner is served at 6pm. This event is held at Crossroads Community Center at 16000 NE 10th St., Bellevue and is co-sponsored by the Aldersgate Methodist Church. For more information call 425.452.4874. All ages are welcome. No registration required. Min 1/Max 1

Crossroads Community Park & Center
FREE
49596 5:30-7:30pm Tue All Ages
Nov 23

HILLTOP HOLIDAY CRAFT FAIR

Many New Vendors This Year! Lift your holiday spirit! Come and enjoy a delightful, unique, whimsical, one-of-a-kind craft show featuring thousands of hand crafted items from over 80 selected Northwest crafters. It's not your ordinary CRAFT show! For Crafter application or information call 360-668-1987 or email: hilltop.Craft@frontier.com. Northwest Arts Center 9825 NE 24th, Bellevue ADMISSION:

FREE! Min 1/Max 1
Northwest Arts Center Site

FREE
10am-8pm Tue-Fri All Ages
10am-5pm Sat Nov 30-Dec 03
Dec 04

PARENTS NIGHT OUT

Need an extra night of shopping or just some quiet time before the holidays hit? SBCC is the place to leave your child. Eat Pizza, enjoy a movie, get in on a Wii tournament, make a craft and play some games. Min 15/Max 30

Eastgate Park/So Bellevue Comm Ctr
\$20(R) \$25(N) Age: 6Y - 11Y
51120 5-10pm Sat Dec 04

SEATTLE CIVIC CHRISTMAS SHIPS

Join us on shore to welcome the Seattle Civic Christmas Ship this December. There will be a beach fire at Newcastle and Meydenbauer Beaches. Chism beach does not have a beach fire. This is an all ages, free event.

FREE Age: 1M and up
Newcastle Beach Park
8:50-9:10pm Fri Dec 03
Chism Beach Park
8:45-9:05pm Sat Dec 04
Meydenbauer Beach Park
7:45-8:05pm Tue Dec 21



CROSSROADS YOUTH HOLIDAY PARTY

Bellevue infants, youth and teens in need can visit Santa and Mrs. Claus! Enjoy entertainment and refreshments and receive a gift. Must be present to receive a gift. Must be in high school if 18. Free event for Bellevue families in need. No registration required. For more information, please call 425.452.4874. Min 1/Max 1

Crossroads Community Park & Center
FREE
49597 4:30-7pm Tue Age: Up to 18Y
Dec 14

GARDEN D'LIGHTS WORK PARTIES

If you've participated in one or more Garden d'Lights classes, you are invited to attend work parties in February through March as we prepare for our annual Garden d'Lights celebration at the Bellevue Botanical Garden. Participants will help make and repair flowers and/or critters to be placed in the garden in next year's display. Call 425-451-3755 to sign up or visit Bellevuebotanical.org for more information and a schedule.

DONATIONS NEEDED



Members of the Bellevue Fire Department will be collecting gifts at all Bellevue fire stations for the Crossroads Youth Holiday Party through December 10.

CUT A RUG LINE DANCING SOCIAL

Introduction to line dancing - Joe and Margie will teach some easy dances to get you moving to a variety of music. No partner or experience required. Leather soled shoes work best for dancing. Refreshments served! Min 20/Max 50

South Bellevue Community Center
Celebrating our 5th year anniversary!
FREE Age: 18Y and up
56346 6:30-8:30pm Fri Jan 14

BELLEVUE HILLTOP SPRINGTIME CRAFT, ANTIQUE, & GARDEN SHOW

Brighten-up your day with a little bit of shopping at the Northwest Arts Center's first ever Springtime Craft Show! Perk-up your garden; find something special for friends and family or pick-up a little something for yourself. Antiques, collectables and handcrafted items from the Northwest's best crafters and designers, all under one Roof! IT's NOT your ordinary CRAFT SHOW! FREE ADMISSION and plenty of parking. Vendor information (360) 668-1987 or email Hilltop.crafts@frontier.com

WHERE: Northwest Arts Center-9825 NE 24th ST, Bellevue

WHEN:

Thursday, May 5 -10am-8pm
Friday, May 6 -10am-8pm
Saturday, May 7 -10am-5pm

**More events listed on the
Bellevue Parks &
Community Services
Online Events Calendar**

Visit <http://www.bellevuewa.gov/COBCalendar/> or
http://www.bellevuewa.gov/recreation_events_intro.htm for
more information.

BELLEVUE BOTANICAL GARDEN SPRING EVENTS & ACTIVITIES

February 23-27, 9am-8pm
Northwest Flower and Garden Show
 9 am – 8 pm, WA State Convention & Trade Center, 800 Convention Place, Seattle. This is one of the largest, most magnificent garden shows in the world. Bellevue Botanical Garden Society. Please visit www.gardenshow.com or call (800) 569-2832 for more details.

February through April Docent Training

Thursday mornings, dates to be determined, at Bellevue Botanical Garden Visitor Center, 12001 Main Street. Learn, lead and share your gardening passion by becoming a Bellevue Botanical Garden Society Docent. The classes are informative, fun and free. For more information: call 425-451-3755 or email: bbgsoffice@bellevuebotanical.org.

Every Saturday & Sunday, 2pm April through October Docent-led tours

Bellevue Botanical Garden, 12001 Main Street. Reservations are not required. For more information call 425-451-3755.

March 6, 11am-3pm March Mania Plant Sale

Bellevue Botanical Garden Visitor Center, 12001 Main Street, Bellevue. This unique sale kicks off the local plant sale season. The show has evolved from its humble beginnings nine years ago into a successful event with a long line of gardeners waiting for the sale to begin. The sale is known for its unique specialties, spring ephemerals and treasures not readily found elsewhere. Admission is free. For more information, visit www.n-p-a.org

April 23-24, 10am-5pm Hua Yuan Chinese Floral Art Exhibition

Bellevue Botanical Garden, 12001 Main St. The exquisite floral arrangements created by members of the school will be on display in the Visitor Center. Admission is free. For more information call 425-452-2750.

SPECIAL ANNOUNCEMENT ABOUT 2010 GARDEN d'LIGHTS AT THE BELLEVUE BOTANICAL GARDEN

November 27-January 1
Advance Ticket Purchase Required
www.gardendlights.org



The enormously popular Garden d'Lights festival features over half a million lights which transform the Bellevue Botanical Garden into a blossoming winter wonderland. Every December, over 150,000 people enjoy this dazzling display, and many of them want to come at the same time!

Here's how you can help us make this much loved event safer and more pleasant for everyone, every evening of the show:

- **Plan ahead.** The show runs Saturday, November 27, 2010 thru January 1, 2011.
- **Get informed.** Visit our new event website, www.gardendlights.org, to:
- **Purchase a ticket.** Advance ticket purchase is required this year. Admission is \$5 per person; children 10 and under are free.
- **Get all event and parking details.**
- **Find out how to visit the show for FREE.**
- **Be patient.** Allow plenty of time for parking and entering the show. Every "staff" person you meet as you enter Garden d'Lights is a volunteer, enriching our community through their service. Many of them have been working on the light display every week throughout the year. Your smile encourages them.

Inspired by plants found in Northwest gardens and gardens around the world, hundreds of volunteers have been busy making new creations. A new Tortoise will join the list of over 30 "critters" including Charlotte in her web and Willie the Slug. You won't want to miss the "Aquarium in Lights" in the Visitors' Center with the pulsing jellyfish and our own octopus, or the gorgeous pond and border display on the main lawn. Our new route through the garden will be enhanced with a flowing river in lights and 2 waterfalls. This year will be an exciting adventure for all ages. Plan now to attend!

Recorded information line: 425-452-6844

General Assistance: Call 425-452-6885, Monday-Friday, 8am-5pm.

Skate Parks



BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. After a decade of skate camps, events and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community and ownership to all participants regardless of age, experience or level of participation. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SGonzales@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES. COST: \$25 per hour; \$15 per 1/2 hour



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

LAKEMONT SKATE COURT

Lakemont Community Park, 5170 Village Park Drive, 98006
Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, wall-ride and other obstacles. Designed for skateboards and rollerblading.

CROSSROADS SKATEPARK

Crossroads Community Center, 16000 NE 10th Street, 98008
This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.



Bellevue Indoor Skate Park

SPRING & WINTER Park Hours

Monday, Tuesday, Thursday, Friday
3-8pm

Wednesday
1-8pm

Saturday & Sunday
12 & under: 12-1:30pm
Open Session #1: 1:30-5pm
Open Session #2: 5-8pm

Girls Night
1st Sunday of the month,
5-8pm



Park Fees

Lessons: \$40/hr, \$25/ ½ hr

Session: \$4(R) \$5(N)

ID Card*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

Rentals: For information about our various rental packages, contact Steve at SGonzales@bellevuewa.gov or call 425-452-2722.

** To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

**ROOF REPAIRS
FAULTY PLUMBING
WIRING
EARTHQUAKE RETROFITTING**

Need help
but don't know
where to turn?
Dial 2-1-1
to find social services
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available

King County ★
2-1-1TM
Get Connected. Get Answers.
Crisis Clinic · United Way

Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

SOCIAL SERVICES

HUMAN SERVICES COMMISSION

Meetings are held the 1st and 3rd Tue of each month, 6:30pm, in the Bellevue City Hall Council Conference Room. Meetings are open to the public.
Nancy Huenefeld Gese, Chairperson
Stefanie Beighle, Vice Chairperson
John Bruels
Doug Hoople
Dr. Brian Plaskon
Jan Stout
Michael Yantis

BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986, the Bellevue City Council adopted policies that designated the City's roles in human services as planner, facilitator, and funder. To these ends, the City established the Human Services Commission and a two-year human services funding cycle.

The Human Services Commission advises the City Council on human services planning and funding. They review the City's needs assessment, undertake studies on emerging issues and concerns in human services, and develop recommendations for the allocation of City funding to meet identified needs.

For the funding cycle, the City receives proposals from non-governmental and community organizations for the provision of human services for Bellevue residents. Human services are defined by the City as services provided specifically to individuals and families to meet basic human needs for survival; employment; support in times of crisis; overcoming family or individual problems; and other help in accessing appropriate services. These services constitute the social "safety net" that all us may need at some point in our lives, are targeted to low- and moderate-income Bellevue residents.

Funding is provided through the City's General Fund and the federal Community Development Block Grant (CDBG). Below are recent figures related to how the City has allocated funding for human services.

GENERAL FUND

Number of agencies funded (2010) 39
Number of programs funded (2010) 74
Value of city support (2010) \$2,642,240

Under the General Fund, allocations can be broken down by the categories under which the Human Services Commission considers them:

Food to Eat and Roof Overhead \$611,974
Supportive Relationships within Families, Neighborhoods, and Communities:..... \$523,594
Safe Haven from All Forms of Violence: \$261,027
Health Care to be as Physically and Mentally Fit as Possible:..... \$394,380
Education and Job Skills to Lead an Independent Life:..... \$851,265

CDBG

Number of agencies funded (2010): 7
Number of programs funded (2010): 8
Value of federal support (2010):... \$780,807

Under CDBG, allocations can be broken down by the categories under which they are reported to the federal government:

Rehabilitation of single or multi-unit residential: \$480,173
Operating costs of homeless programs: \$55,430
Non-profit organization capacity building: \$31,641
Employment training: \$73,839
Administration and planning: \$139,724

For more information, contact Bellevue Human Services at 425-452-6884.



Challenge Course at South Bellevue Community Center

Bring your class, sports team, or workgroup to an adventure you will never forget! Using the power of experience and careful teaching, the challenge course helps groups learn together. Nearly any group that wants to be more successful can benefit from a challenge course experience. Come play and learn together.

Under the supervision of our skilled staff, your group will craft a solution to the Crocodile Crossing, support each other on the Wild Woozy or cheer someone crossing Islands in the Sky. Each of the 24 activities at the Bellevue Challenge Course are opportunities to learn while playing.

What can your group learn?

Your group or team can learn valuable life skills while at the challenge course: Teamwork, Problem solving, Support, Communication, Leadership, and more.

The challenge course activities dramatically show success as participants become more effective problem solvers. When attempting a difficult task, participants will see and feel how effective support and communication help them complete impossible looking tasks. While experiencing these things, participants will also see effective leadership in action.

For more information or to schedule a group:

Contact South Bellevue Community Center at 425-452-4240 or visit http://www.bellevuewa.gov/sbcc_challenge_course.htm

Who Can Attend?

Nearly any size group age 12 to 80, can attend a challenge course.

- School Classes
- Sports Teams
- Youth Groups
- Families
- Community Groups
- Clubs
- Business workgroups



Learn about Salmon and Streams

Did you know that storm drains flow directly into streams, lakes, and wetlands without treatment?



In a phone survey, 400 Bellevue residents were asked, "What happens to water running off of rooftops, streets, and lawns?" 52% correctly answered that the water flows to streams and



lakes without treatment while 28% believed it went to sewer where it was treated. The last 20% responded that they did not know or gave an answer that did not fit in the other categories. That means **nearly half of our residents simply do not understand that stormwater is not treated!**

Some good news revealed in the survey was that most residents pay attention to information provided to them by their friends and neighbors. **That means you can help protect our streams, lakes, and wetland just by talking to your friends and family about stormwater.**

Here are a few things we can all do to help keep our streams and lakes clean:

- Wash your car at a commercial car wash because the waste water is sent to the sewer for treatment.
- Sweep your driveway instead of pressure washing to keep all the excess dirt out of the streams.
- Pick up pet waste, bag it, and place it in the trash.

How can you hold a fundraising car wash in the winter?

Selling coupons for a commercial car wash is the best way to earn money and protect streams *regardless* of what season it is.

Commercial car washes are better for salmon, conserve water, and you can raise money even if it rains! Commercial car washes use less water than the average home car wash and all of the wastewater is eventually sent to sewer for treatment.

Questions about Bellevue streams or car washing?

Contact Stream Team at streamteam@bellevuewa.gov or 425-452-5200



Tickets can be purchased at a discounted rate from either Brown Bear Car Wash or the Puget Sound Carwash Association. Then, your group can have fun selling tickets together at the grocery store, school, or an athletic event. You can even take tickets home to sell to friends and family.

Everyone benefits when you raise money while helping the environment and educating others about keeping car wash water out of storm drains!

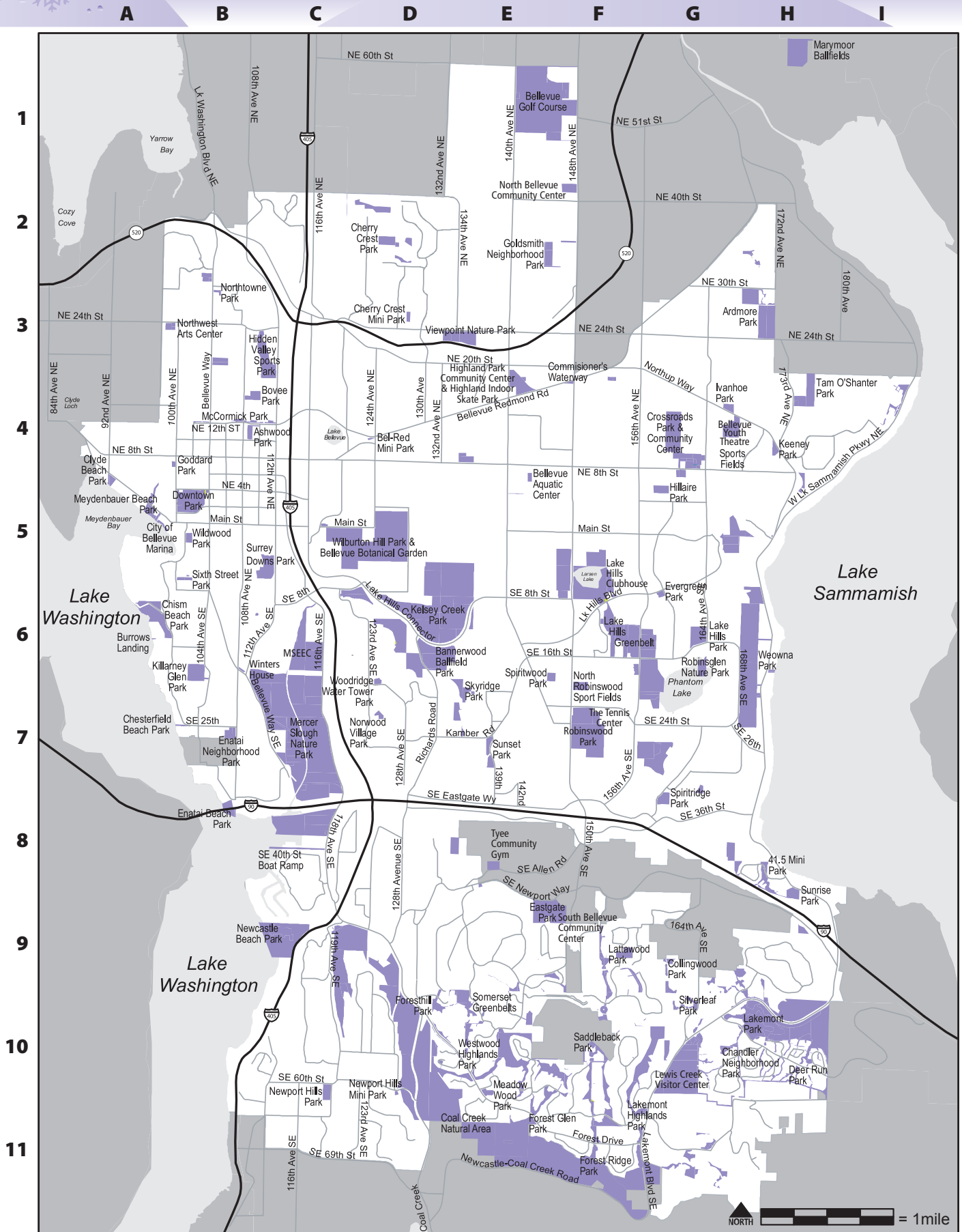


Bellevue Park Features & Amenities



		Baseball or Softball Fields	Basketball Court	BBQ	Fishing	Picnic Shelter	Play Area	Skate Park	Soccer Field	Swimming Area	Tennis Courts	Trail or Path
Parks	Location on Map											
Bellevue Downtown Park	B5						X					X
Chism Beach Park	B6				X		X			X		
Clyde Beach Park	A5				X		X			X		
Crossroads Community Park	G4		X	X		X	X	X			X	X
Enatai Beach Park	B8				X					X		
Hidden Valley Sports Park	B3	X	X				X				X	
Kelsey Creek Farm Park	E6			X		X	X					X
Killarney Glen Park	B6		X	X			X				X	
Lake Hills Community Park	G6	X	X				X					
Lake Hills Greenbelt	F6				X	X	X					
Lakemont Community Park	H10		X			X	X					X
Meydenbauer Beach Park	A5			X	X		X					
Newcastle Beach Park	C9			X	X	X	X					
Newport Hills Community Park	C10	X				X	X		X			
Robinswood Community Park	F7	X					X		X		X	
Spiritridge Park	G7		X				X				X	X
Wilburton Hill Park	D5	X					X		X			X
		Weddings	Receptions	Meetings	Parties	Family Reunions	Full Kitchen	Partial Kitchen	Stage			
Indoor Facilities, Community Centers and Other Facilities	Location on Map											
Bellevue Aquatic Center	E4				X							
Bellevue Botanical Gardens - Sharp Cabin	D5			X								
Bellevue Youth Theatre	H4			X	X			X				
Crossroads Community Center	G4	X	X	X	X	X		X	X			
Highland Community Center	E3	X	X	X	X	X	X		X			
Highland Indoor Skate Park	E4				X							
Lake Hills Clubhouse	F6	X	X	X	X	X		X				
Lewis Creek Visitor Center	G10	X	X	X	X	X	X					
Mercer Slough Environmental Education Center	C6	X	X	X	X	X		X				
North Bellevue Community Center	F2	X	X	X	X	X	X		X			
Northwest Arts Center	B3	X	X	X	X	X	X					
South Bellevue Community Center	E9	X	X	X	X	X	X					
Tyee Community Gym	E8				X							
Winters House	C7	X	X	X	X	X		X				

Bellevue Park Map



Bellevue MAGIC SEASON

November 26 through January 9
www.magicseason.com

Group Health Ice Arena brought to you by Bank of America
Bellevue Downtown Park • November 26 – January 9

Snowflake Lane and Celebration Lane
presented by The Bellevue Collection
Bellevue Way and NE 8th Street
November 26 – December 31 • Shows nightly at 7 p.m.

Theatre at Meydenbauer Center presented by 98.1 Classical KING FM
Meydenbauer Center • November 27–December 23

Garden d'Lights supported by 98.1 Classical KING FM
Bellevue Botanical Garden • November 27 – January 2
Advance ticket purchase required - visit www.gardendlights.org

Enchanted Holidays at The Bravern
presented by The Shops at The Bravern
NE 8th Street and 112th Avenue NE • November 19 – January 1

KidsQuest Children's Museum's Gingerbread Lane
hosted by Hilton Hotel Bellevue
Hilton Hotel Bellevue • December 3 – 9



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

CONNECTIONS

BELLEVUE PARKS & COMMUNITY SERVICES

... OPPORTUNITIES TO ENRICH YOUR LIFE

Bellevue City Council

Don Davidson, Mayor

Conrad Lee, Deputy Mayor

John Chelminiak

Jennifer Robertson

Claudia Balducci

Grant Degginger

Kevin Wallace

Parks & Community Services Board

Faith Roland, Chair

Kathy George

Matt LaPine

John Stokes

Sherry Grindeland

Lynne Robinson, Vice Chair

Mark Van Hollebeke

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service